

A GUIDE TO **SABAH**

Land Below The Wind

MALAYSIA 1986/1987 VOLUME 4





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In Sabah's capital, Kota Kinabalu the main international gateway to East Malaysia, the necessities of comfortable living can be found in first class hotels comparable to the best in South East Asia. But, more not worthy, few minutes journey away lies a different world : the unspoilt sunny beaches and coral islands, the virgin forests and the innocent, friendly people who still keep their traditional ways.

Come discover Sabah - the Land Below the Wind.



Jointly published by:



SABAH TOURIST ASSOCIATION

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P. O. Box 10946, 88810 Kota Kinabalu.
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MESSAGE FROM THE CHAIRMAN, SABAH TOURISM PROMOTION CORPORATION



Selamat datang ke Sabah!

Sabah, popularly known as Land Below The Wind, lies bathed in the tropical sun and is ideally free from all natural calamities. Holiday in Sabah promises to be a pleasure for both the relaxation-and fun-seeking visitors. Her unique natural and cultural heritages, colourful customs and festivals weave the tapestry of attraction that is uniquely Sabahan and singularly impressive.

Explore and experience Sabah's rich and varied resources of unspoilt landscapes, towering mountain ranges, Mount Kinabalu - the highest mountain in South East Asia, the wildlife and wilderness of the Sabah Parks, sandy beaches and jewel-like islands with seas teeming with marine life. See also the Tamu Besar, the traditional villages set in atmosphere of quiet tranquility, the folk dances and the unique lifestyle of our multi-racial society.

Come and experience Sabah with us. We hope this Guide To Sabah will be useful in providing necessary information and in taking you to an interesting tour of Sabah.

Have a memorable stay in Sabah.

(TAN KIT SHER, JP)

Chairman, Sabah Tourism Promotion Corporation

MESSAGE FROM THE CHAIRMAN, SABAH TOURIST ASSOCIATION



Sabah, formerly known as North Borneo, and popularly known also as the 'Land Below the Wind', where sailing ships lashed by driving rain and stormy gale of the 'typhoon', found tranquil waters around the shelters of islands and inlets of the seas in Sabah.

Today Sabah, being one of the thirteenth state in Malaysia, is contributing to a modern and progressive developing economy in the country. Tourism is one of the newest economy for the country, and Sabah, the Land Below the Wind, has much to offer. The sun, the surf and the mountain and their friendly people awaits all tourists on the shores of Sabah today.

Tourists visiting Sabah can now enjoy the perfect vacation in a complete and comfortable setting with the best hotels in S.E.A. Asia and indulge to the full in wind-surfing, water skiing, snorkeling, scuba-diving, big game fishing, mountain climbing, absailing, jungle hiking, rafting, canoeing, sailing, golf, tennis and many other recreational facilities.

More than these, the tourists will enjoy the natural unspoilt grandeur of its landscape, the pleasant clean blue sky and above all to receive the kind hospitality of the sincere friendly peoples of Sabah.

TONY TAN

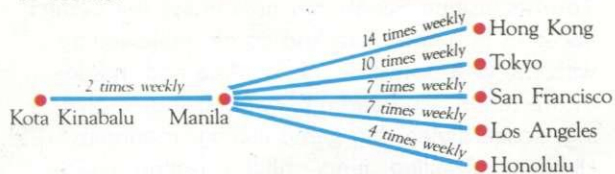
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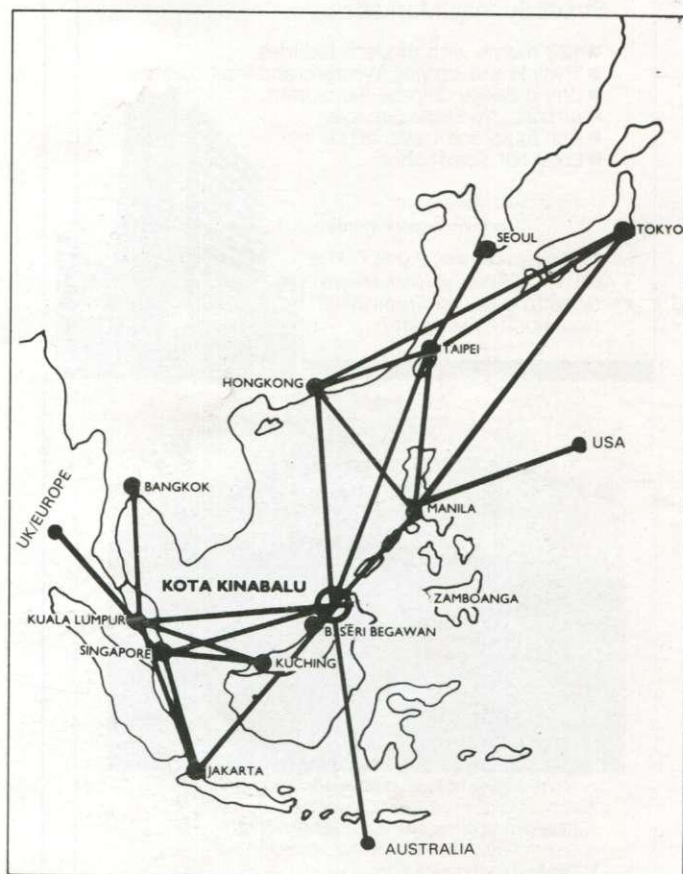
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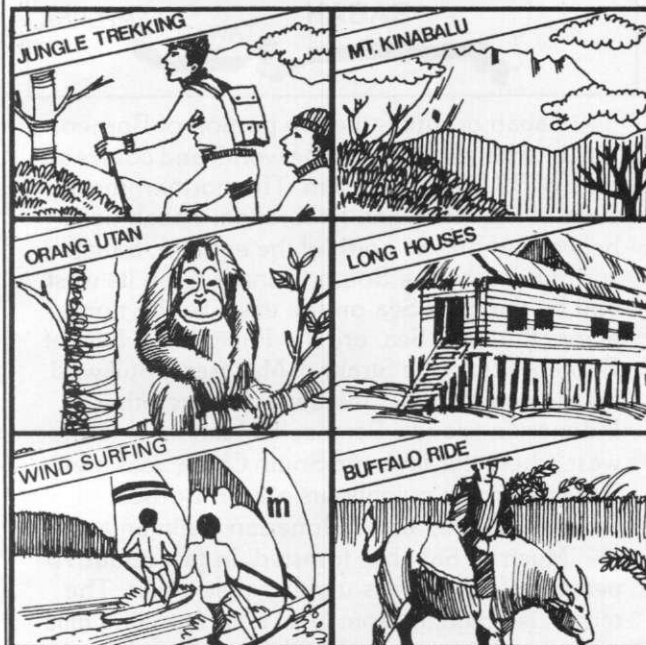
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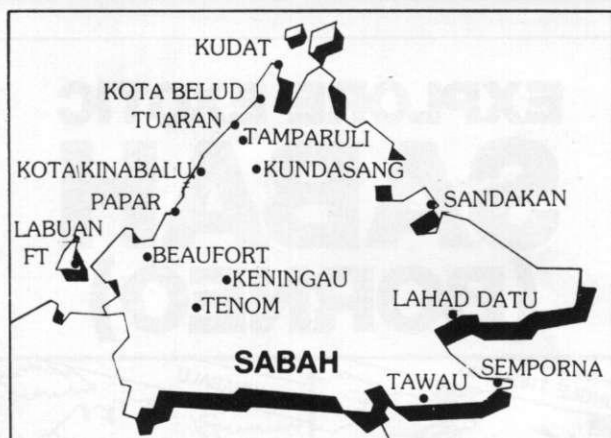
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INTRODUCING SABAH



Sabah occupies the top portion of Borneo, the third largest island in the world, and covers an area of 72,500 square km. The northernmost state of the Malaysian Federation, Sabah lies between 4° and 8° north of the equator. Sabah is surrounded by the South China Sea on its west and by the Sulu Sea on the east. To the north, across the Sulu Sea, are the Philippines. East of Borneo, across the Straits of Makasar is Sulawesi. To the south, across the Java Sea are other Indonesian islands. Peninsula Malaysia is to the west, where the Java and South China Seas meet. Sabah's closest neighbours are on Borneo: Sarawak, Brunei and Indonesian Kalimantan.

Much of Sabah is forested. In fact about 70 percent of the state is under jungle cover. The terrain is irregular, from level land to rolling hills and mountainous areas, with many rivers crisscrossing numerous valleys. The highest point is Mount Kinabalu, a granite massif of 4,101m. It is the highest mountain between the Himalayas and New Guinea. Mount Kinabalu is regarded by the indigenous people as a sacred resting place for the dead.

Kota Kinabalu, the state capital, on the west coast, is the gateway to Sabah's attractions of forests, bird and animal life and traditional village life. The Kota Kinabalu municipality has an international airport. Malaysian Airline System (MAS) and other airlines run scheduled aircraft services from Kuala Lumpur, Singapore, Hongkong, Manila, Bandar Seri Begawan, Jakarta, Seoul, Taipei and Tokyo. Within Borneo, MAS operates to most of the towns in Sabah, Sarawak and Brunei.

Its seaport is frequently visited by international cruise ships. Kota Kinabalu is 168 km from Bandar Seri Begawan, 3045 km from Bangkok, 2400 km from Darwin, 1920 km from Hongkong, 1615 km from Jakarta, 1931 km from Kuala Lumpur, 960 km from Manila and 1600 km from Singapore.

THE CLIMATE

North of the equator only by a few degrees, Sabah has an equatorial climate. Sunny blue skies typify most days; it is hot and humid throughout the year in the coastal and lowland areas.

In the low lying areas the temperature reaches to about 30°C and can drop to 25°C at night. Inland, and in the hillier regions, day temperatures also average 30°C and night temperatures drop to 21°C. By the coastal areas languid breezes from the sea provide sultry weather.

When it rains, it pours in Sabah, for a couple of hours at a time, at least. Rainfall is heavy but not markedly seasonal. It is distributed throughout the year. In some areas there are floods from time to time, in Beaufort, Marudu and Kinabatangan. Other than this Sabah has no climatic disturbances to speak of. The state is not subject to earthquakes nor typhoons.

THE PEOPLE AND ITS CULTURE

Sabah is a melting pot of many indigenous and immigrant groups. Its population is slightly more than one million. It is difficult to classify the many indigenous groups. Native Sabahans identify themselves by reference to their religion, language or the place they live. As well, one group may call themselves by one name while others call this group by a different name.

The indigenous groups include the Kadazan, Kwijau, Murut, Bajau, Illanun, Lotud, Rungus, Tambanuo, Dumpas, Maragang, Paitan, Idahan, Minokok, Rumanau, Mangka'ak, Sulu, Orang Sungai, Brunei, Kedayan, Bisaya, and Tidong.

The Kadazans

The Kadazans form the largest indigenous group, making up about one-third of the population. Some Kadazans like to be known as Dusuns while others prefer to call themselves by tribal or place names. The Rungus live in the Kudat and Bengkoka peninsulas; the Tambanuo, Kimarangan and Sanayo in the valleys of Bengkoka, Kaindangan, Tengarason, and Sugut rivers; and the Minokok and Tenggara in the upper Kinabatangan.

Kadazans living near the large rivers like the Kinabatangan, Labuk and Segama are called **Orang Sungei** or "river people". The Kadazans are an agricultural people planting rice by irrigation. Many Rungus still live in longhouses in the Kudat area. There are both Christian and Muslim Kadazans, but at one time all of them were animists. Kadazan priests and priestesses among the animists perform rituals to drive out evil spirits troubling human beings. The Penampang and Putatan Kadazans only have priestesses, called **bobohizan**. Many changes have taken place in Kadazan society: in dress, housing, habits, tools and customary behaviour. Previously, the Kadazans wore the **cawat** or loincloth.

In the remoter villages the women still wear coiled brass necklaces, anklets and bracelets. The common traditional attire for men and women is black. The suits and tight fitting dresses are trimmed with gold or silver braids and studded with diamantes. Old ceramic jars are much coveted. In the early days the jars were used for burial purposes while today they are used to store **tapai**. Rice, besides being the staple food, is fermented into a fiery brew called **tapai**.

Any occasion that calls for a celebration is done with **tapai**. There is also the distilled form,

known as **talak (montoku)**. Another beverage enjoyed by the Kadazans is **baah (bahar)**, a coconut toddy. Headhunting was indulged in the earlier years by the men, to prove their prowess and virility. A man had to produce so many heads before he could suitably impress a woman, for marriage. The heads acquired were hung on rafters in the home after being smoked or boiled. The Kadazans are known for their honest and gentle manners for instance, at rural highways, agricultural produce is displayed unattended.



Kadazan priestesses (bobohizan) performing the Magavau.



*Rungus in longhouse
Photo by Victor Wah*

Just pay what they feel is a fair price into a container provided.

The Bajaus

The Bajaus have often been called Sea Gypsies because of their seafaring ways. They are Sabah's second largest indigenous group and are found mainly on the coasts in Semporna, Kota Belud and Kudat. Bajau is a collective term for a number of tribal groups including the Illanun, Sulu, Obian and Binadan. Most Bajaus are Muslims. They are thought to have originated from southern Philippines. The Bajaus have progressed from a sea-roving people to expert rice farmers and pony and buffalo rearers. They are largely responsible for promoting Sabah's pony racing. Pony owners and riders from Kota Belud make their journey to Tuaran for the weekend races. Buffalo auctions at the Kota



Belud Sunday **tamu** (open air market) by Bajau farmers are a fascinating sight. Besides providing a good source of protein, buffaloes are also used as dowries for most of the indigenous people. A good catch of a girl can expect five or six heads of buffaloes and other items. Buffalo races are held on festive days.

The Muruts

Murut means "hill people", a term that is not used by the Murut people themselves. It refers to the groups inhabiting the lowland and hilly regions of the interior. Some of the Murut tribes are the Nabai, the Peluan, the Bokan, the Tagul and the Timogun. The Nabai, Bokan and the Timogun Muruts live in the lowland areas, planting wet **padi** and other crops like maize and tapioca. The Peluan, Bokan and Tagul Muruts occupy the hilly regions. The Murut people are shifting cultivators, a practice that is discouraged by the government. Their chief means of livelihood are hunting and gathering jungle produce. Spears and blowpipes, with poisoned darts are their chief weapons. The Muruts have two staples in their diet, rice and tapioca. Like the Kadazans, they also drink a fermented brew made either from rice or tapioca. One of their delicacies is pickled pork or fish with rice held in large bamboo stems. Until recently most Muruts lived in longhouses, usually built in a valley near a river. Even today some Muruts in the Tenom and Pensiangan areas prefer



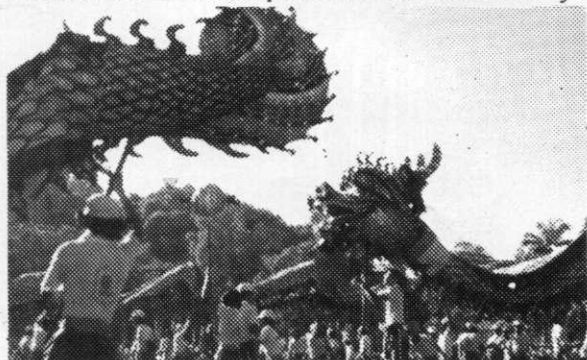
The Muruts sipping tapai (rice wine).

the communal longhouses to the single unit dwellings. Built on stilts high off the ground the longhouse has a door at each end. The whole village live in such a longhouse, while the two ends have rooms for the families, the centre is for the use of the whole village. Here also will be a spring dancing floor called the **lansaran**. It is also the recreation area, for drinking and story telling. Muruts are either animists, Christians or Muslims. The Murut priestesses who cast spells do similar work to that of the Kadazan priestesses. The Muruts were the last people in Sabah to give up headhunting.

The Chinese

Ever since the British started opening up Sabah in 1881 the state has attracted various immigrants. The migrants were mainly concentrated in the urban centres. Then, as today, the Chinese form the largest non-native group in the state. The first recorded Chinese recruits to Sabah were in 1882. They were largely groups of unsuccessful Chinese from HongKong. In 1883, 96 Christian Hakka Chinese landed in Kudat and they became successful farmers. The Chinese contributed much towards the economic development of Sabah. They are the shopkeepers, the middlemen, the artisans, the farmers, the office workers and the professionals. Through their single-minded ability to view all kinds of situations as possible business undertakings they started many a village shop in the most isolated areas.

The poorest village will feature a derelict store run by a Chinese selling standard fare as tinned sardines, salt, sweets and biscuits. Like other overseas Chinese, those in Sabah established firm social patterns in the community.



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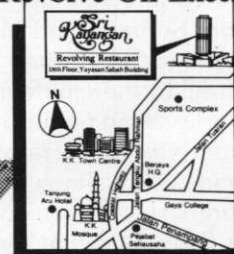
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A BIT OF HISTORY



Except for the Europeans other foreigners who have had dealings with Sabah left no written records of their activities in the country. The indigenous peoples of Borneo do not have written records of their early history. What they have are oral traditions and customs of their ancestors of only a few generations ago. The Chinese were supposed to have had trade and diplomatic dealings with Borneo as early as 600 A.D. The Brunei annals mentioned the existence of a Chinese province in the Kinabatangan area. Archaeological evidence show Chinese ceramics on the island.

Spices were bartered for porcelain and jars Arab traders from Sumatra and Malacca were believed to have come to Borneo in the fourteenth century. In the eighteenth and nineteenth centuries when numerous explorers in search of adventure took to faraway lands in the East, Borneo soon became known as the island of plenty. Adventurers stated that Borneo's wealth was astounding. They said that the island was abound with diamonds and gold. It was in 1881 that a formal system of government was first set up

in Sabah, by the British. This lasted for about 80 odd years. Sabah on September 16, 1963 became a state of Malaysia.

Important Dates in the History of Sabah

- 1521 Ferdinand Magellan's fleet visited Brunei.
- 1773 The East India Company of the British Empire started a station at Balambangan, an island north of Borneo.
- 1775 Settlement at Balambangan attacked by Sulu pirates and abandoned. It reopened in 1803 and closed again in 1804.
- 1846 British flag hoisted at Labuan, an island off the west coast. The Sultan of Brunei ceded Labuan to Britain on December 24.
- 1865 An American colony was set up in Kimanis, the Brunei Sultan having ceded the west coast of North Borneo to the American Trading Company.
- 1877 Part of North Borneo was ceded to a British commercial syndicate in return for annual payments to the Sultans of Brunei and Sulu.
- 1879 Sandakan was founded.
- 1881 The British North Borneo Chartered Company was formed to administer North Borneo.
Kudat was founded on December 17 and became the capital of North Borneo until 1884.
- 1888 North Borneo became a British Protectorate on May 12.
- 1894 Construction of cross-country telegraph from Labuan to Sandakan started.
- 1894-1900 Mat Salleh Rebellion.
- 1896 Work began on the British North Borneo Railway. The railway from the west coast

to the interior was to help carry rubber and other goods from upcountry to the ports.

- 1898 Beaufort town named after Governor Leicester P. Beaufort on January 4.
- 1898 Tawau founded.
- 1899 Jesselton (now Kota Kinabalu) founded. It was named after Sir Charles Jessel, one of the directors of the Chartered Company.
- 1901 Kota Belud founded.
- 1915 Rundum Rebellion
- 1942 North Borneo occupied by the Japanese on January 1.
- 1945 Liberation of North Borneo.
- 1946 North Borneo, with the island of Labuan, became a British Crown Colony on July 15.
- 1956 Labuan declared a free port.
- 1961 Tunku Abdul Rahman, Prime Minister of Malaya, on May 27, proposed that a federation of Malaya, Singapore, Brunei, Sabah and Sarawak be formed.
- 1963 North Borneo gained self-government on August 31 and became known as Sabah. On September 16, Sabah became the thirteenth state of the Federation of Malaysia.
- 1967 Sabah held its first State Legislative Assembly elections. The Alliance Party, composed principally of the United Sabah National Organisation (USNO) the United Pasok momogan Kadazan Organisation (UPKO) and the Sabah Chinese Association captured all but one of the 32 seats.
- 1975 Formation of BERJAYA (Bersatu Rakyat Jelata Sabah) on July 15. BERJAYA is a multi-racial political party formed to oppose the USNO dominated Alliance Government.
- 1976 BERJAYA won 28 of the 48 seats in the April general state elections.

- 1981 BERJAYA government returned to power in the March general elections for a second five-year term.
Sabah celebrated its first centenary.
- 1984 Labuan proclaimed Federal Territory on April 16.
- 1985 *PARTY BERSATU SABAH (PBS) won 26 seats in the general state elections.*

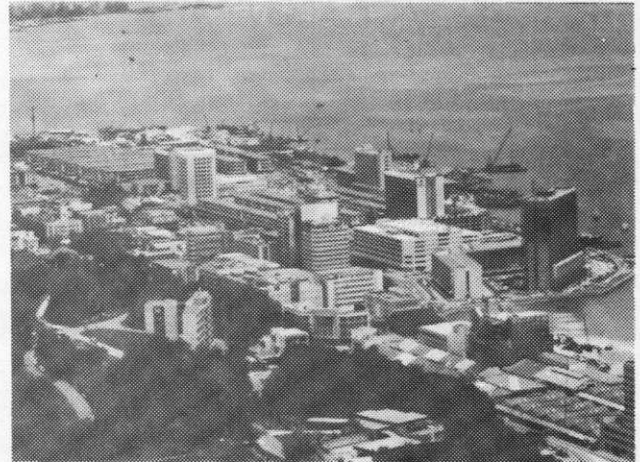


Photo by Victor Wah



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FESTIVALS

Many festivals are celebrated in Sabah by the various multi-racial groups. There are 16 public holidays gazetted in Sabah and the different races join in to celebrate and share in the festivities of the other races. The four main festivals are described below:

HARI RAYA PUASA

Hari Raya Puasa marks the end of the fasting month for Muslims. In Sabah it is celebrated for two days, the dates varying from year to year on the Muslim calendar. Prayers are held in mosques throughout the state. Women turn out traditional meals and sweet cakes to visitors. The finest traditional attire is worn during this time. Malay townfolk often return to their villages for celebration with the elders.

CHINESE NEW YEAR

Chinese New Year in Sabah is celebrated in more or less the same manner as by the Chinese elsewhere. The new year lasts for 15 days. It is the time of the year when Chinese people let down their hair. Certain duties must be performed: spirits must be appeased, offerings made to the gods. Boisterous ways of welcoming the new year involve lion, unicorn or dragon dances and the playing of fire crackers. Like other festivals Chinese New Year means good food, plenty to drink, new clothes and the exchange of gifts.

CHRISTMAS

Christmas is observed widely by both Christians and non-Christians. Many shops and commercial offices will be decorated with Christmas tree and other trappings. On Christmas eve, many devoted Christians will attend the midnight mass and others will go round to sing carols.

HARVEST FESTIVAL

This festival in Sabah is a ritualistic celebration of the harvesting of rice. Rice serves not only as the staple food of Sabahans but is symbolic in many respects especially to the Kadazans. Although all

the indigenous peoples are urged to take part in the annual celebrations (usually a long weekend in mid-May) it is the Kadazans who revel in it with gusto. Aside from the solemn and spiritual aspect of the festival it is a time for merrymaking. Much of the merrymaking arises from the imbibing of **tapai**.

Some Aspects of the Kadazan Harvest Festival

1. The Bambaazon or Spirit of the Rice

The Kadazans believe that in the beginning **Kinoingan/Minamangun** or the God/Creator and his wife **Suminundu** has an only daughter known as **Huminodun**.

Kinoingan in his preparation for the creation of the Kadazans sacrificed his only daughter **Huminodun** by planting seeds in the various parts of her body from which the plants of life sprang up, including **padi**.

The other parts of her body gave rise to the other varieties of food for the people. Part of the spirit-life of **Huminodun** called

Bambaazon is therefore believed by the Kadazans as embodied in the **padi** plant. This **Bambaazon** is responsible for the growth and well being of the **padi**-plant, protecting it from natural hazards and improving the yield. The presence of **Bambaazon** in the **padi** plant life however is guarantee for a good harvest. The **Bambaazon** is believed to respond positively only when a **padi** farmer is sincere in the cultivation of **padi** and generous in the sharing of a good harvest with his fellowmen.

The Kadazans believe that whether in the green plant form, or as unhusked **padi** or either in uncooked or cooked rice form, or in yeast fermentation, the **Bambaazon** is always embodied as the essence of the **padi**.

It is therefore considered uncivilised as well as an offence to the **Bambaazon** for anyone to harm the **padi** before harvest time, to waste **padi** grains in the process of harvesting, threshing and winnowing and to throw out left-over rice after meals.

The harvest festival is therefore an expression of thanksgiving by the Kadazans to their **Kinoingan/Minamangun** or God/Creator for his continuous provision of food for them.

2. The Kadazan Harvest Festival may be classed under four main areas:-

i) Home-Coming of the Bambaazon

When the **padi** ears are fully ripe and ready for harvesting the Kadazans believe that the **Bambaazon** is now imbedded within the grain part of the plant.

The **Bambaazon** home-coming ceremony differs slightly from place to place among the Kadazans.

In the interior, particularly in Tambunan, before the harvesting activities begin, the village priestess selects between twenty to thirty of the best ears of **padi**, carefully harvesting and bundling them up. The priestess says prayers inviting the rice spirit, **Bambaazon**, to the owner of the **padi** fields. Kadazans who have become Christians select ears of **padi** for the Catholic priest for blessing while thanksgiving prayers are also said.

Among the Penampang Kadazans, the home-coming ceremony for the **Bambaazon** differs slightly. The priestess selects stalks of **padi** with the most promising grains and tie them together to be left in the field, not to be cut or tampered with until after harvesting is completed. As soon as the harvesting is over, the priestess cuts the selected **padi** stalks and brings them to the house of the **padi**-field owner. The **Bambaazon** is now said to be at home.

When all the threshing and winnowing of the newly harvested grains are done, they are stored in the **padi** store huts. It is in the barns that the **Bambaazon** takes its rest till the next planting season.

ii) The Magavau Ceremony

When all the winnowed **padi** has been stored in the barns, the Magavau, the ceremonial thanksgiving to the **Bambaazon**, is performed. The ceremony begins just after sunset. The

priestess and her attendants sit on the floor in the living room of the main house and start chanting ancient prayers to the **Bambaazon**. This goes on far into the night. Thereafter the priestess and attendants stand up and circle slowly around the living room still chanting. After a while they start singing songs of praise to the **Bambaazon**. Later the men join in the singing, all stamping their feet on the floor rhythmically and at regular intervals shouting the **Pangkis**, the joyous cry of the Kadazans.

iii) Feeding of the Bambaazon

While the **Magavau** is in session, others are busy preparing food offerings for the **Bambaazon**. The offerings vary from place to place. However, popular items are special fermented rice or **Habot**, seven bamboo cups of the best **tapai** (rice wine), eggs, salt and feathers of the slaughtered chicken for the **Magavau** feast.

In Tambunan, the priestess leads the procession from the main house to the **Padi** store hut where she leaves the offerings to the **Bambaazon** on the bamboo woven mat covering the padi in the barn. After prayers the procession goes back to the main house.

iv) The Closing Feast

After feeding the **Bambaazon**, the feast begins in the main part of the house. Those present are served rice, porridge, eggs and of course **Tapai**.

Some traditional games played during the harvest festival are buffalo races, arm and finger wrestling and wrestling among the men. There are also **sumazau** (Kadazan dance), gong beating and **Tapai** drinking competitions.

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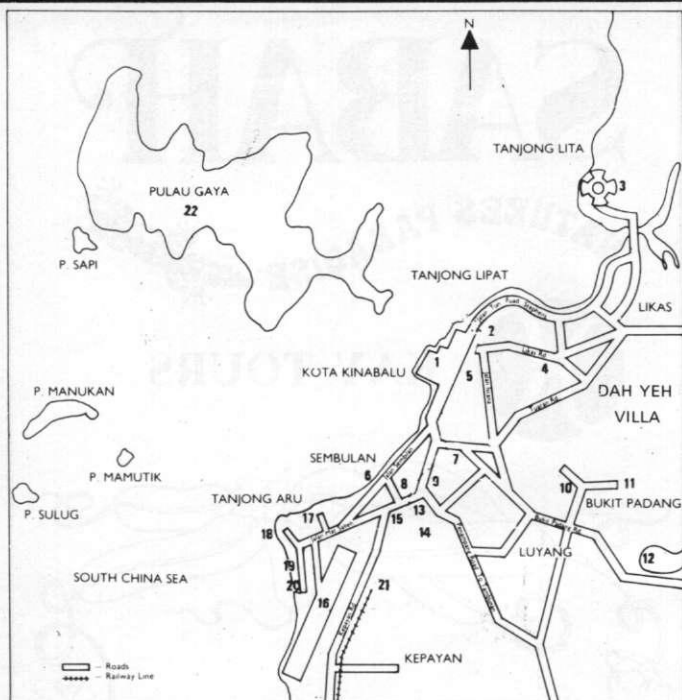
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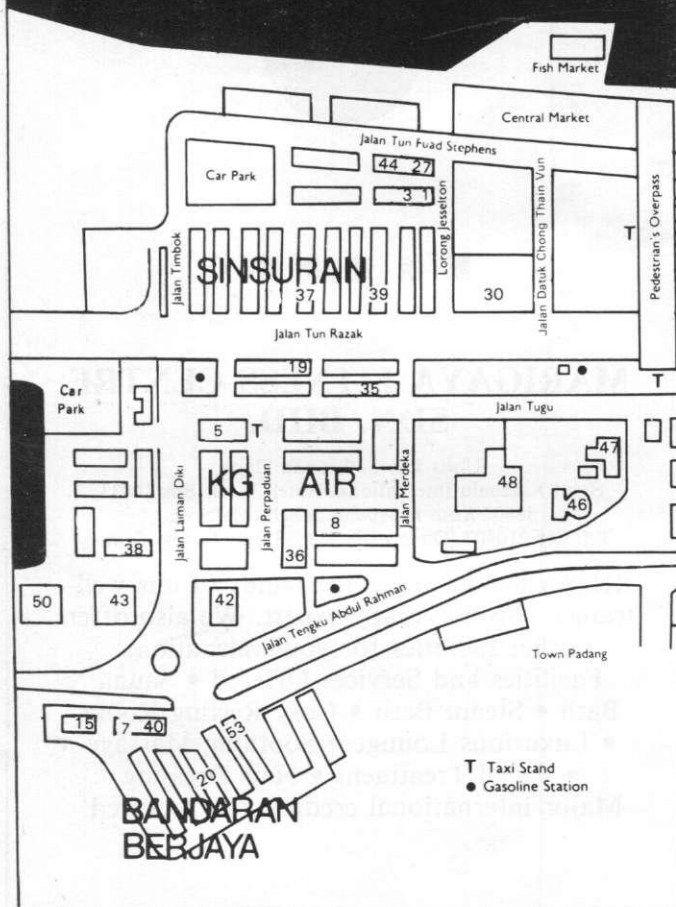
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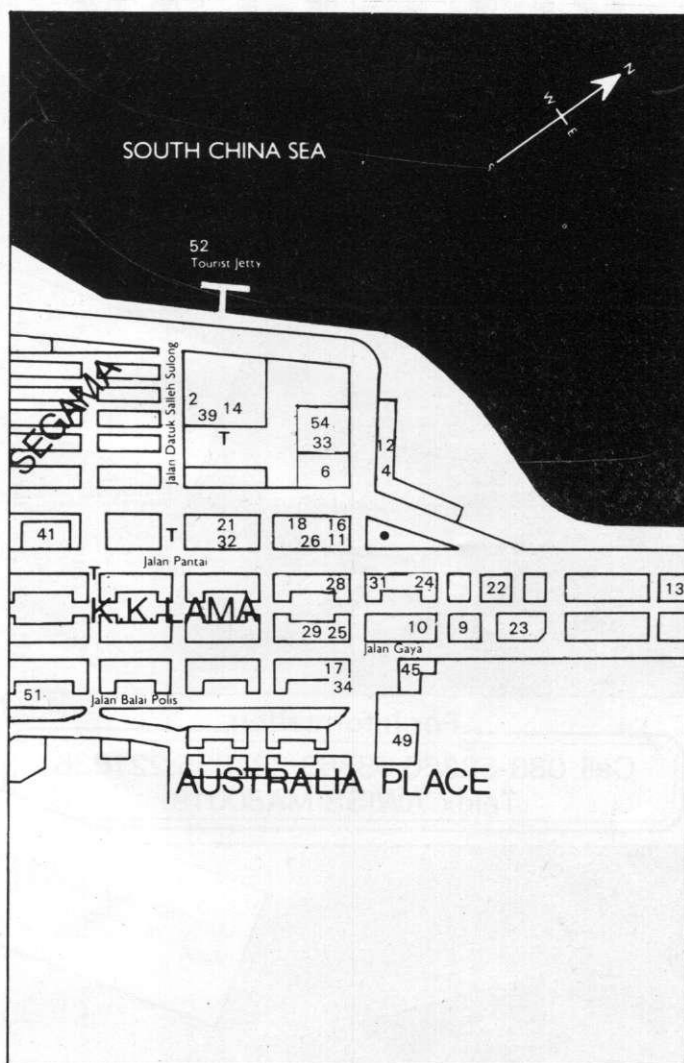
9. Malaysian Airline System (MAS) 54611
10. Cathay Pacific Airlines (CPA) 54733
11. Singapore Airlines (SIA) 55444
12. Philippine Airlines (PAL) 57870
13. Royal Brunei 53211

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14. Hyatt Kinabalu International Hotel 219888
15. Shangri-La Hotel 56100
16. Hotel Capital 53433
17. Hotel Jesselton 55633
18. Ang's Hotel 55433
19. Winner Hotel 55237
20. Asia Hotel 53533
21. Hotel Nan Xing 212990

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22. The Chartered Bank 53544
23. The Hongkong & Shanghai
Banking Corp. 56722
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25. Chung Chiaw Bank 222440
26. Hock Hua Bank 51711
27. Sabah Bank 211611
28. Malayan Banking Berhad 54295
29. Oversea Chinese Banking Corp. 54537
30. Bank Negara 211211
31. Oriental Bank 57695



RESTAURANTS

32. Restoran Nan Xing
33. Azuma Restaurant
34. Wishbone
35. Rama Restaurant
36. Sri Melaka
37. Lee How Fook Restaurant

CAR RENTAL

38. Awiss-Rent-a-Car
39. Avis Car Rental

DISCOTHEQUE

40. The Bistro Discotheque

MOVIE HOUSES

41. Cathay Cinema
42. Capitol Theatre
43. BFO Twin Cinemas

LAND MARKS

44. Sabah Park Headquarters
45. Post Office
46. Central Library
47. Municipal Council
48. High Court
49. Kota Kinabalu Community Centre
50. Sabah Cultural Association

MISCELLANEOUS

51. Bus Terminal
52. Tourist Jetty
(Tunku Abdul Rahman Park)
53. Kentucky Fried Chicken
54. Ban Loong Money Changer

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PLACES OF INTEREST



Clock Tower

Photo by Victor Wah

KOTA KINABALU

As the capital of Sabah, Kota Kinabalu is the administrative centre and headquarters to statutory bodies and private companies. Its modern buildings indicate a fairly new municipality. The capital has a cosmopolitan population. You are quite likely to meet a dozen nationalities during a walk around the town. Kota Kinabalu and city suburbs has a population of about 200,000. However, Kota Kinabalu is more attractive outside its business centre.

- a) **Tanjung Aru Beach**, about three km long is popular for its clean sand and clear water. It is only about a km from the Kota Kinabalu airport and is within walking distance of two hotels. The beach is a favourite among joggers. The water is good for both swimming, sailing and windsurfing. From Tanjung Aru you can also spend an afternoon island hopping by boat. At the beach too is the Prince Philip Park where there is a children's playground, a skating rink, an open concert stage, a fish pond and a display area.

b) The **State Mosque** is located on a 5.8 hectare site, a few km from town. The mosque is an example of contemporary Islamic architecture. It was officially opened on June 28, 1977 and can accommodate 5000 devotees on the first floor. On the second floor is a prayer balcony for women with a capacity of 500. On the ground floor the public hall is used for conferences and can hold 2000 people.

c) **Sabah Museum** situated at Bukit Istana Lama on a 18.2 hectare area has three main buildings. Of local design the museum is Sabah's treasure house of contemporary handicraft and artifacts. The various galleries display collections on natural history, ceramics, the pre-history and history of Sabah and works by Sabah artists. Visiting hours are from 9a.m. to 6 p.m. daily. Close on Fridays.

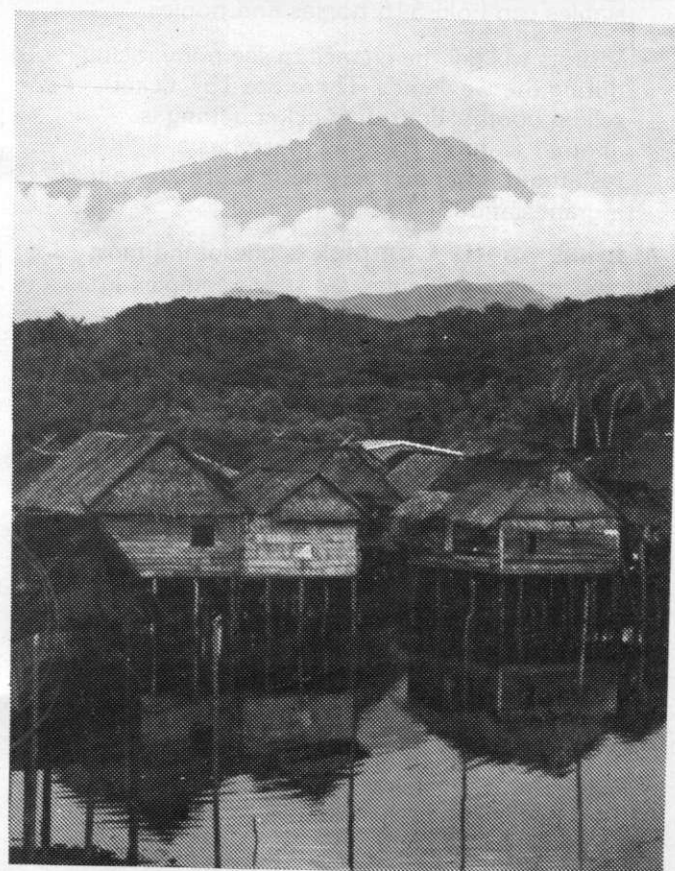
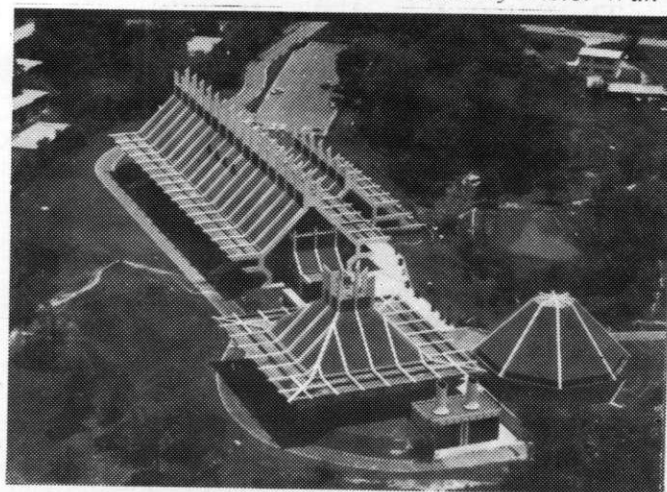
d) **Signal Hill**, the highest hill in Kota Kinabalu, was formerly a convenient location to signal sailing ships in the harbour. It is presently a popular spot for tourist to have a birds-eye view of the city and the surrounding coral islands.

e) **Tun Fuad Stephens Park** covers 62 hectares of gently rolling land. It is wooded with secondary jungle and planted with trees, shrubs and flowers. In the middle is a man-made lake of 4.8 hectares. Fibreglass boats are available, at a small fee, for leisure rowing. Joggers use the park daily. The park is about 5.6 km from the town centre.

f) **Golf Courses** There are two golf courses in the capital. The Golf and Country Club is about 5½ km from town and has an 18-hole golf



*State Mosque in Kota Kinabalu.
Photo by Victor Wah*



Water Village - Mengkabong (near Tuaran). course. Members of reciprocal golf clubs are welcome. A golf set can be hired at M\$20.00 a day. The restaurant is open to the public.

The Kinabalu Golf Club by Tanjung Aru Beach has a 9-hole course.

g) **The Sabah Foundation Building** is a 30-storey high aluminium and glass complex located by the northern end of Likas Bay. It is the fourth such building in the world that has a circular hanging structure. It houses government departments, headquarters the Sabah Foundation organisation and contains the State Legislative Assembly library which can hold 50,000 volumes, a revolving restaurant, an auditorium for 1500 people and a 300-seat theatre.

h) **The Royal Sabah Turf Club** race course at Tambalang, Tuaran, about 42 km from Kota Kinabalu, is built for international racing. The running of the new race course which was opened in April 1984, is computerised. Its stables can hold 546 horses and ponies.

Visitors will get the chance to see pony racing during the weekends. There are 151 ticket selling booths. Four-digit ticket betting is another feature. The clubhouse has a restaurant, a bar on every floor, VIP boxes and a grandstand for 10,000 people.

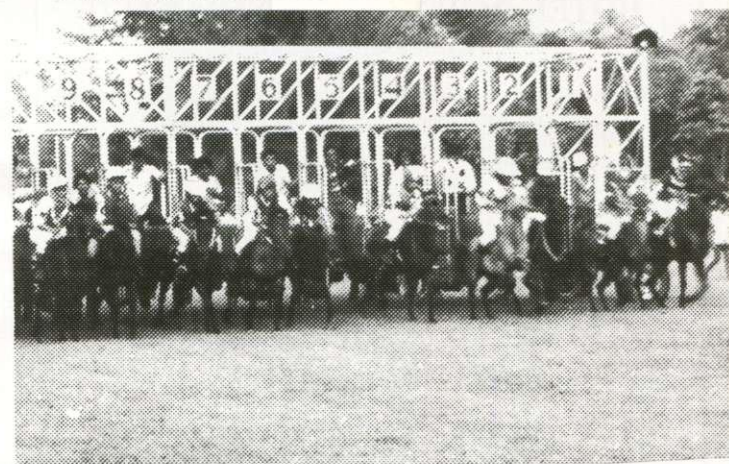
i) **Likas Sports Complex** is one of the most modern and well equipped sports complex in the Asean region. Located 3 miles from Kota Kinabalu on approx. 300 acres of reclaimed land. It has modern facilities for various sports and games and a complete weight training facility and accommodation, making it like a mini-olympic games village.

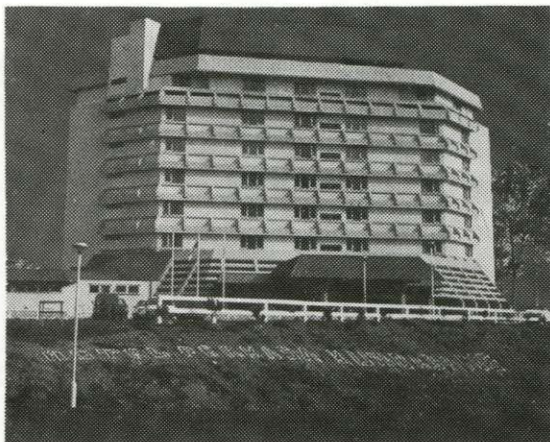
Sabah Foundation Building.



Tun Fuad Garden

Photo by Victor Wah





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PENAMPANG, 15 km south of Kota Kinabalu is a Kadazan area. **Padi** fields worked by water buffaloes and the wooden plough form part of the scene. Even though most of the Kadazans here have at least one member of the family in the government service or in private firms, home life is still quite rural. The family plant **padi**, rear pigs and poultry. With a bit of luck the tourist may chance upon the performance of the **monogit**, ritualistic prayer ceremony that can last a couple of days. **Monogit** is the appeasement of the gods by several **bobohizan** or priestesses. It is held for a good **padi** crop, to drive away evil spirits and misfortune, to seek help for the sick and a host of other things. Prayers, beating of gongs, offerings of **padi**, areca nuts, a rooster and a pig are part of the ceremony. Participants and visitors are served **tapai** (rice brew) and meals.

KUNDASANG is about 6 km from the Kinabalu Park. It is the centre for temperate vegetable growing. Asparagus and strawberries are grown here. The Kadazans form the bulk of the population here. Although most of the crops harvested go to the main towns, roadside stalls have many kinds of fresh vegetables for sale. Kundasang has a modern hotel with sweeping views of Mount Kinabalu. The Kundasang highlands also boast of a dairy farm, it is almost like a European Alpine scene.

The Kundasang War Memorial, a fortlike



structure, commemorates the captives of the Japanese who died on the Death March in World War II. Further east is the government-owned tea estate at Nalapak.

MENGKABONG is a water village north of Kota Kinabalu, about half an hour's drive away. Occupied by Bajaus the two means of getting from house to house are by boat paddling or on the rickety walkways.

TUARAN, about 35 km from the capital is reached by a pleasant drive through **padi** fields, rubber estates and fruit orchards. Try to get there on a Sunday morning for the **tamu**. Kadazans predominate this Sunday fair. Laid on the ground are live poultry, tobacco, rice, fresh and dried fish and large black crabs. Pantai Dalit is a quiet beach surrounded by high land on the east. The beach is shaded by Casuarina trees. The water is clear and calm most of the time.

PAPAR, forty-five km away from Kota Kinabalu is a small and modern town, close to the west coast. It has a good mixture of Kadazans, Malays and Chinese. Pantai Manis is a sandy beach situated quite near the town area.

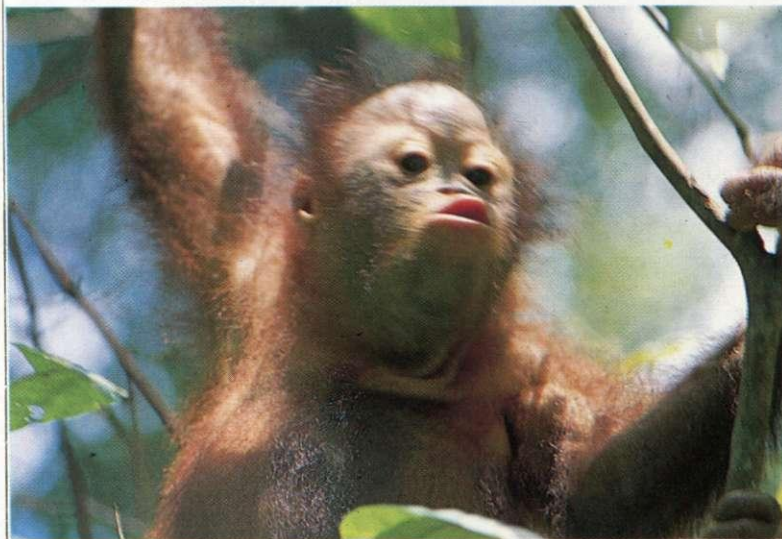
KOTA BELUD, a two and a quarter hours' drive from Kota Kinabalu is home to the Land Bajaus. They are what travel writers like to call the cowboys of Sabah. The **tamu** here is the most traditional and colourful in Sabah. Bajau men and women wear their cloth headgear, the buffalo auction is on and the air is thick with tobacco smoke, smells of local cakes, seafood and the exhortations of medicine men. Kota Belud has a population of 45,503.

TENOM is a Murut area although the Chinese own most of the shops in town. Rubber and cocoa are the two main crops grown here. From Tenom, it is still possible to search for the remaining longhouses. For example, Kampung Marais has a few longhouses. At Kampung Kalibatang blowpipes are still being made. Kemabong, a Murut and Chinese area is like a garden village with lots of green. It is approached from a hanging bridge over the Padas river.

KENINGAU, with a population of 41,204, is the largest town and administrative centre in the interior. The Muruts and Kadazans form the bulk of the indigenous people here.

Tapai is reputedly to be of the best in Bingkor, outside Keningau town.

KUDAT was the first capital of Sabah. Borneo's northern most town has a population of 38,397. The indigenous people you are likely to see are the Rungus, a Kadazan group. The town, of both wooden and concrete shophouses is neat and compact. Kudat has many stretches of sandy beaches. Two of these are Sequati and Bak Bak. **Tamus** are held on Sunday mornings at Sequati, about 23 km from Kudat. Brass gongs and parangs are often on sale here.



Orang Utan



Tamu



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SANDAKAN, on the east coast, is reached from Kota Kinabalu by air or by four-wheel drive vehicles along the 400 km road, a journey of 10 hours. The town was totally destroyed by the end of World War II but as the timber trade flourished, Sandakan became the busiest timber centre between the 1960s and 1970s. The Chinese predominate the town centre as in most Sabah towns.

- a) The main attraction in Sandakan is **Sepilok** where the Orang Utan sanctuary is. The Sepilok Forest Reserve encompasses an area of 4251 hectares, about 24 km west of Sandakan. It is a virgin jungle reserve for forest research and tree conservation. The orang utan rehabilitation centre has 11 infants. Six adult orang utans, considered semi-wild come to the centre's feeding platform. The orang utans are found only in Sumatra and Borneo. The Borneo specie, **Pongo pygmaeus** **pygmaeus** is the largest primate in Sabah. The female weighs between 30-50 kg while the male can weigh up to 100 kg each. Visiting hours are from 9 to 12 a.m. and 2 to 4 p.m. daily. The feeding hour is at 10 a.m. Groups who request for a special programme can give prior notice before visiting for film or slide shows and talks by the education officer. The Education Centre at the reserve has a library and an exhibition area.

There are three nature trails into primary jungle. The shortest trail takes 15 minutes to



cover while the main trail is of 4.8 km. One of the trails also lead to a waterfall.

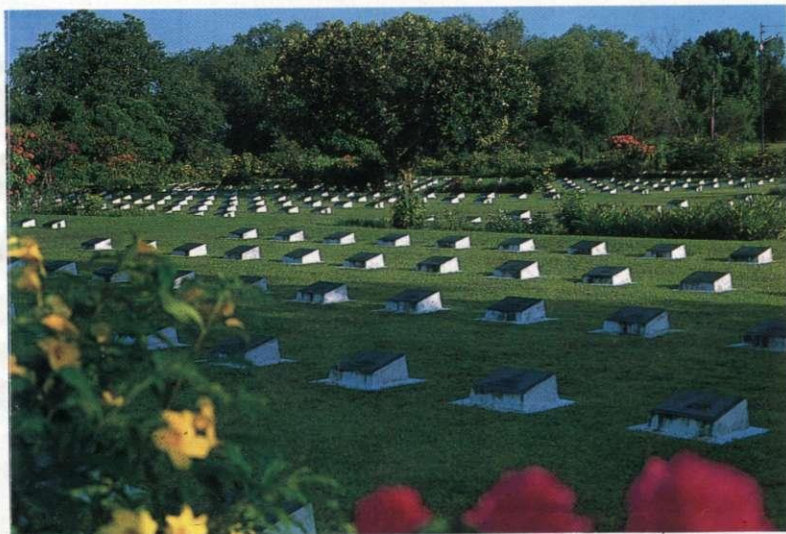
- b) The **Gomantong Caves**, about 32 km south of Sandakan, are where swiftlets and bats make their nests. The swiftlets' nests, a delicacy among the Chinese, fetch good prices at home and abroad. In 1983, the government collected M\$114,500 worth of royalties from birds' nests. Apart from watching men collect the nests from great heights on bamboo poles, one can also see multitudes of bats swooping in and about. The Gomantong Caves can be reached in two ways: Permission must first be obtained from the Sandakan Forest Department. One route, from Lahad Datu, is out of the question most of the time, as the road is bad. This is off the junction to Sukau and is six km to the caves. The reliable route is to get on a boat from the Sandakan fish market at M\$3.00 a person. Boats are also available for hire at M\$3.00 a person. Boats are also available for hire at M\$30.00 one way. They usually leave at 9.00 a.m. The boat goes up the Suanlamba river and lands at the Buang Sayang jetty, a trip of two hours. Then take a pickup ride on the fairly bad road of 3 km, pass the Sabah Land Development Board (SLDB) scheme. Boats usually leave about five in the morning. For overnight stay, there is good camping ground outside the caves and there is fresh water.

SEMPORNA on the south east coast can be reached by air or by road, through Kunak. A colourful and lively Bajau town, Semporna is known for its seafood: lobsters, prawns, crabs and a great variety of fish. The fish market in the morning is the busiest place in town. Across the bay are several islands. Semporna with its beautiful coral reefs is good for snorkelling and scuba diving. There is an oyster pearl farm at the Bohey Dulang island producing the Borneo half round pearls.

TAWAU is a bustling fast growing town on the east coast. Today its population of 113,708 is the highest among the main towns. It is the commercial centre and shipping outlet for produce like oil palm and cocoa from the hinterland. Tawau shares a common border with Indonesian Kalimantan, the main channel for the entry of Indonesian workers into Sabah. There are scheduled flights to

Tawau from Kota Kinabalu daily.

LABUAN island lies off the west coast of Sabah and came under Federal Territory jurisdiction on April 16, 1984. Its free port status and the barter trade with southern Philippines make the island an important business centre. The Federal Government aims to develop Labuan as a regional trade, conference and tourist centre. Large scale industries are being developed on the island. The gas-related projects are among the most important at the Ranca Ranca Industrial Estate. About 2½ km. from Labuan town is a war cemetery. It commemorates the dead from Commonwealth countries who fought in World War II.



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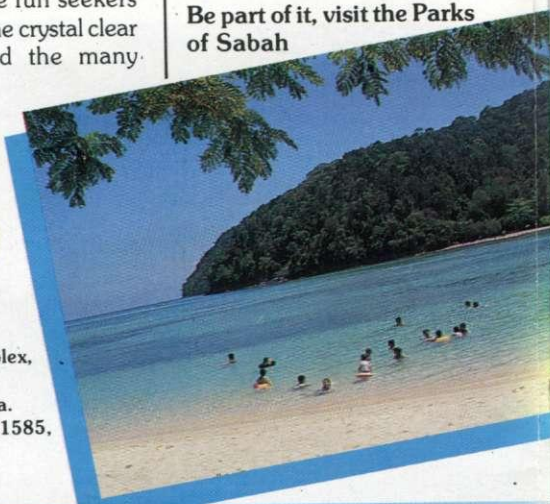
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must be made within one month prior
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- (b) For overseas tourists bookings can be
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confirmation should be made within

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- (c) Full payment should be made on confirmation
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- (f) No refund will be made or change of date of visit will be entertained for visitors who have confirmed their bookings but failed to turn up at the last minute.

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provided with a fire place, kitchen, shower, gas burner, cooking and eating utensils. Visitors must bring their own food if they want to cook. Otherwise, simple meals are available at the Clubhouse and canteen.

- (e) **Twin bed cabins** (10 units-2 persons in each)
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- (f) **Suite Rooms** (4 units-4 persons in each)
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No fireplace and kitchen facilities are provided.

Electricity, piped water and firewood are provided free of charge. Personal towels and scaps are not provided, so visitors must bring their own.

All accommodation fees are subject to 10% Government Service Tax.

(2) Poring Hot Springs

- (a) **Old Cabin** (3 bedrooms-6 persons)
\$100.00 per cabin per night
- (b) **New Cabin** (2 bedrooms-4 persons)
\$80.00 per cabin per night
Same rate as above.
- (c) **Hostel** (24 persons in dormitory rooms)
\$8.00 per person. \$2.00 per student
- (c) **Campground** - (16 persons)
\$2.00 per person per night
\$1.00 per student per night

Visitors intending to stay overnight at Poring Hot Springs must bring their own food as there is no canteen facilities there.

(3) Mountain Huts

- (a) **Panar Laban** - (3,344 metres)
4 huts providing a total of 79 bunks for climbers
- (b) **Sayat-Sayat** - (3,800 metres)
2 huts with 12 bunks

The mountain huts provide wooden bunks with mattresses, kerosene stoves, cooking and a limited supply of eating utensils. Climbers

must bring their own food and kerosene for cooking. Plenty of warm clothing, a rain coat, a torch, toilet papers and a hat are also necessary. The new Laban Rata Resthouse is provided with hot and cold showers, electric heaters in the rooms and there is a canteen where hot meals can be ordered.

The rates for mountain huts are \$4.00 per person per night and \$1.00 for student. The rates for the Laban Rata is \$25 per person per night.

CLIMBING MT. KINABALU

Each year thousands of visitors climbed to the summit of Mt. Kinabalu (4,101 metres) via the scenic Kinabalu Summit Trail. The climb requires no special abilities but it is physically very strenuous and tiring. Anyone in good health and vigour can reach the summit but because of the lack of oxygen on the mountain, those with high blood pressure and weak hearts are advised not to make the climb.

Visitors must utilise the services of an authorised guide for the ascent to the summit. This is because climbers can easily lose their way on the rock surface when the fog and mist start covering the upper part of the mountain. The rates for guides and porters are as follows:-

i) Guide Fees -

No. of Climbers

1-3 persons-\$25.00 per day per party

4-6 persons-\$28.00 per day per party

7-12 persons-\$30.00 per day per party

Maximum number in a group for 1 guide is 12 persons.

ii) Porter Fees -

\$25.00 per porter per day for a maximum load of 24lbs up to Panar Laban Mt. huts. Every extra lb. is charged at \$1.00 per lb.

\$28.00 per porter per day for a maximum load of 24lbs. up to Sayat-Sayat Mt. Huts. Every extra lb. is \$1.20 per lb.

All arrangements for the climb including the booking of guides and porters should be made at least one week in advance through the Reservation Clerk in Kota Kinabalu Office.

Guides and porters are not park employees. The Park is providing a free service in helping to book for the guides and porters for visitors. To avoid arguments later please settle the payment directly with the guides or porters before the climb.

As the weather around Kinabalu frequently deteriorates in the afternoon, climbers are advised to start early usually at 7.00 a.m.

Normal Walking Times on Summit Trail

Park HQ to Power Station (15 minutes drive)	- 1 hour
Power Station to Kambarangoh Telecoms Station	- 1½ hours
Kambarangoh to Layang Layang	- 1½ hours
Layang Layang to Pakka Cave	- 1½ hours
Pakka Cave to Panar Laban	- 1½ hours
Panar Laban to Sayat Sayat	- 1½ hours
Sayat Sayat to Summit	- 1½ hours

ITEMS FOR HIRE PER DAY

(a) Blanket	\$0.50
(b) Pillow	\$0.50
(c) Sleeping bag	\$2.00

FOOD

Cooking facilities are provided in the Youth Hostel, cabins and mountain huts but visitors must bring their own food. However, for visitors who do not want to do their own cooking, there are a clubhouse at the park's entrance and a canteen in the Administrative Complex that serve a variety of Asian and European food at reasonable prices.

Help Protect The Park

Visitors to the park are urged to read the regulations posted at various places and to comply with them, IT IS FORBIDDEN TO:-

- (a) Hunt or carry firearms within the Park
- (b) Harm or disturb any plant, animal or other living thing.
- (c) Pick or take orchids, pitcher plants or any other plants.
- (d) Write names on rocks or trees.
- (e) Bring pets into the Park.

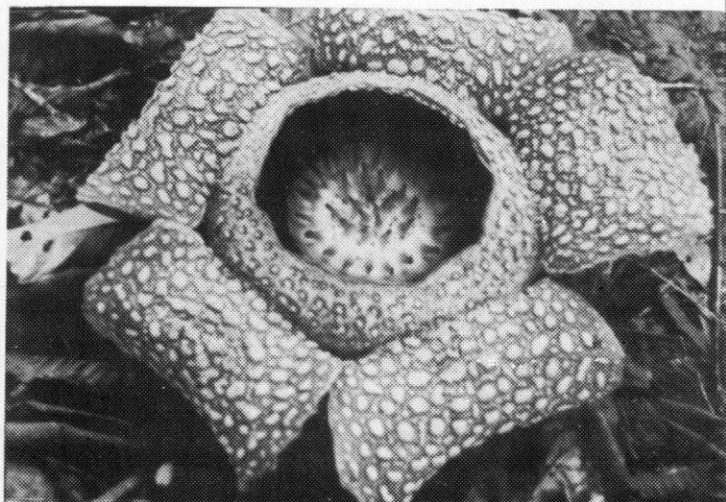
Collecting of any plant, animal or other living or non-living thing is strictly forbidden without prior written permission from the Director of Sabah Parks.

”

THIS IS YOUR PARK,
USE IT,
ENJOY IT AND PRESERVE IT.

“

THANK YOU.



Rafflesia

Photo by Victor Wah



BORNEO DIVERS

AND SEA SPORTS (SABAH) SDN. BHD.

Postal : Locked Bag 194,
88999 Kota Kinabalu, Sabah
E. Malaysia.

Shop : Lot T 529, Off Mile 3 1/4, Tuaran Road,
Kota Kinabalu, Sabah.
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- **ALL TYPES OF UNDERWATER CONSTRUCTION SERVICES.**
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KOTA KINABALU,
SABAH.

Postal: Locked Bag 194,
88999 KOTA KINABALU
SABAH, EAST MALAYSIA.

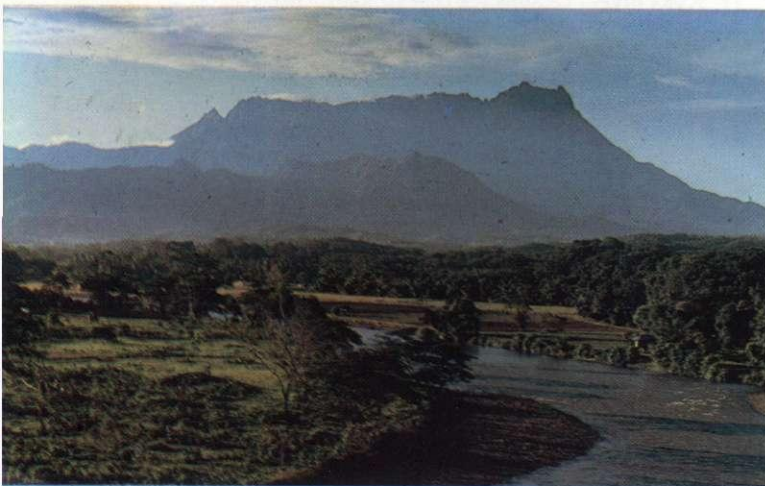
CABLE: "BORNEODIVE"

TELEX: MA 80036 HYAT (ATTN: BORNEO DIVERS)

A Professional Association of Diving Instructors (P. A. D. I.)
International Training Facility

FOREST RESERVES AND PARKS

Sabah's tropical rain forest and its thousands of species of flowering plants, shrubs, orchids, herbs and ferns are the state's greatest potential for the tourist industry. Laws have been passed for the provision and control of forest reserves and parks. Forest reserves take up 3,348,641 hectares in Sabah. These reserves are gazetted for the conservation of fauna and flora and wildlife. Other reasons are to safeguard water supplies and soil fertility. Commercial forest reserves help to stabilise the supply of forest products for the economy over a period of time. Other forest reserves are the virgin jungle reserves and mangrove forest reserves. A total area of 265,794 hectares are constituted as parks.



Sabah Parks

The park organisation in Sabah is a statutory body under the control of the Ministry of Resource Development. It is managed by a Board of Trustees. Its work is to establish parks in Sabah to preserve the indigenous ecosystems and conserve flora and fauna in selected areas. There are five state parks and a newly gazetted national park. The latter is the **Crocker Range National Park**, with an area of 139,919 hectares. The Crocker Range (1250 – 1875 m) is a continuous range of mountains running parallel to the west coast. The range has extensive montane oak forests. There are many beautiful mountain plants in the Crocker Range forest. For example, there are many species of the

rhododendron shrub. This park is a fine supplement to the Kinabalu Park, protecting both the montane plant and animal life.

To date there are five state parks in Sabah : Kinabalu Park (765 sq. km), Tunku Abdul Rahman Park (49 sq. km), Turtle Islands Park (6.7 sq. km), Pulau Tiga Park (157 sq. km) and the Tawau Hills Park (278 sq. km).

The Kinabalu Park is world famous for its high mountain, a granite massif of 4101m. The park is also well known for its rich plant life. Vegetation range from the tropical lowland forest the alpine variety. More than 1000 species of orchids, 27 species of rhododendrons, 9 species of Nepenthes are found here. *Rafflesia*, the world's largest flower is also found in the park. As well, there are 450 species of ferns. Climbers to Mount Kinabalu make the ascent and descent in two days. Tips on the climb are given in the **Kinabalu Park Information Supplement**.



The Tunku Abdul Rahman Park covers the greater part of Pulau Gaya, Pulau Sapi, Pulau Mamutik, Pulau Manukan, Pulau Sulug and the surrounding seas. The park is close to Kota Kinabalu and boat services are available. The island park has undisturbed beach flora that is becoming rare along the coasts of Sabah. The forest is typical of the lowland dipterocarp rain forest. In Pulau Gaya and Pulau Sapi, there are nature trails. On Pulau Sapi are a jetty, shelters, a cooking area, toilets and picnic tables for visitors. A cabin is available for hire at Pulau Mamutik at the rate of \$160 per night for the whole cabin.



IF BUSINESS BRINGS YOU TO TAWAU, THE MARCO POLO WILL GIVE YOU THE RECOGNITION.

There's only one way to do business in Tawau, Sabah, whether you're here for a day or a week. You have to be sure that your business address has the kind of importance that is instantly recognised by the people who matter.



Conference Room

Which is why most businessmen invariably choose to stay at the Marco Polo to accomplish the maximum on every business trip.

This luxury hotel has all the features to benefit the business traveller who enjoys value for a good price:

- Strategic location in the heart of the city, with easy access to the main commercial and banking facilities.
- 150 superbly appointed guest rooms and suites, with excellent working area including executive desk, two seater lounge and a coffee table.
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- A lounge for after business relaxation over cocktails and live entertainment.
- A coffee house with a tantalizing menu of Continental and local specialities to delight your appetite.



The Marco Polo Hotel, Tawau.

- A health centre to keep even the busiest executive perfectly fit.

For reservations please contact the Sales Manager, Jalan Clinic, P.O. Box 1003 Tawau, Sabah, East Malaysia. Tel: 089-777988. Telex: MA83257 or reservation offices in Singapore, tel: 3388480; Kuala Lumpur tel: (03) 486022; Kota Kinabalu tel: (088) 221139/221140



Marco Polo Hotel • Tawau

The best business address

A FAIRMONT INTERNATIONAL HOTEL

The Turtle Islands consist of Pulau Selingan, Pulau Bakungan Kecil and Pulau Gulisan. All three islands have hatcheries for the Green and Hawksbill turtles. Turtles come up to the beach to lay eggs every night of the year. The peak season is between July and September. As well, there are clean sandy beaches and clear water. On Pulau Selingan are three chalets with eight beds in each. The rate is M\$20.00 for each person a day. It is a two to three hour boat ride from the Sandakan fish market.

Pulau Tiga Park by Kimanis Bay includes the islands of Pulau Tiga and Kalampunian Besar. Pulau Tiga has dense virgin forest that is characteristic of the lowlands of Sabah. The island has three mud volcanoes of 94m high. The water is clear for viewing coral reefs and the marine life is rich. A nature trail has been developed on the island.

The Tawau Hills Park was gazetted on May 7, 1979. It is rugged country with several volcanic peaks and ridges. The hills range from 31m to the highest peak of Mount Magdalene, at 1343 m. About 50 percent of the park area lies below 468m and the vegetation is tropical dipterocarp rain forest. The park is quite close to Tawau.





SELAMAT TOURS & TRAVEL

(An In-bound Division of Regent Travel Service)

Local Tour Specialist:-

- * City & Countryside
- * Sunday Market Tour
- * Kinabalu National Park/Sabah Park
(Day Return or 2 Days/1 Night Package)
- * Sepilok Orang Utan Sanctuary Tour
- * Islands Tours and Snokelling/Scuba-diving
(Equipment Available For Rental)
- * Mountain Climbing (Mt. Kinabalu)
Tours for special interest groups can be arranged.
- * Hotel Reservations
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- * Air-Conditioned Coaches Charter
- * Group Transfers

For Details Call:-

Regent Selamat Tours & Travel
Ground Floor, No. 5, Jalan Pasar Baru,
Kg. Air, KOTA KINABALU.
Tel: 225877, 225879, 225880, 225881.
Telex: REGTRA 80057.
P.O. Box 10142, 88801
KOTA KINABALU.

The Bistro Discotheque

No. 1 & 2, First Floor, (Lot No. 55/56) Jalan Berjaya,
Bandaran Berjaya, P.O. Box 10142,
88801 Kota Kinabalu, Sabah. Tel: 219953

**Better equipped,
Interesting,
Spectacular,
Talked-about
Renowned and
Original Disco in town**

(Established since 1976)



In most major towns like Kota Kinabalu, Sandakan and Tawau, the leading hotels have some programme featuring local, as well as international entertainers to serenade you through the night.

In Kota Kinabalu, there is a prolific variety of entertainments for the discerning visitor. For the benefit of the tourist, a list of the places to go in Kota Kinabalu are suggested below :-

- The Kenanga Lounge at Tg. Aru Beach Hotel
(Live Music)
- The Atrium at Hyatt Kinabalu (Live Music)
- Trivoli Cafe at Shangrila Hotel (Live Music)
- Sri Kayangan Revolving Restaurant
(Live Entertainments)
- Tiffany Musical Lounge
- Bistro (Discotheque)
- Blue Fox (Discotheque)
- Top Lords (Discotheque)
- Golden Million (Nite Club)
- Mikado (Nite Club)





Sabah Bank Berhad

(Incorporated in Malaysia - Head Office: Kota Kinabalu)

WE OFFER
A FULL RANGE OF BANKING
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HEAD OFFICE

Tower A, Zone 2, Wisma Tun Fuad Stephens, Jalan Tuaran, Locked Bag No.1 GPO,
86990 Kota Kinabalu, Sabah. Tel: 088-218911 (20 lines); Telex: MA 80294

Karamunsing Branch

Tower A, Zone 2, Wisma Tun Fuad Stephens, Jalan Tuaran, Locked Bag No.1 GPO,
86990 Kota Kinabalu, Sabah. Tel: 088-218911 (20 lines); Telex: MA 80409

Kota Kinabalu Branch

Lot 4 - 6, Block K (Ground Floor), Sinsuran Complex, GPO W.D.T. 132, 86999 Kota Kinabalu, Sabah.
Tel: 088-211611 (5 lines); Telex: MA 80694

Airport Branch

Kota Kinabalu International Airport, Jalan Petagas, Locked Bag No.24, 86992 Kota Kinabalu, Sabah.
Tel: 088-219255; Telex: MA 80294

Penampang Branch

Lot 5, Block M, Penampang New Township, W.D.T. No.56, 85909 Penampang, Sabah.
Tel: 088-713414 (4 lines); Telex: MA 80280

Sandakan Branch

Ground Floor, Multi Storey Car Park Building, Jalan Laila, W.D.T. 392, 90009 Sandakan, Sabah.
Tel: 089-42121 (4 lines); Telex: MA 82916

Tawau Branch

Jalan Utara, W.D.T. 127, 91009 Tawau, Sabah. Tel: 089-776483 (4 lines); Telex: MA 83176

Lahad Datu Branch

Ground Floor, Lot 3, Block 39, Wharf Street, 91109 Lahad Datu, Sabah.
Tel: 089-83911 (4 lines); Telex: MA 83279

Labuan Branch

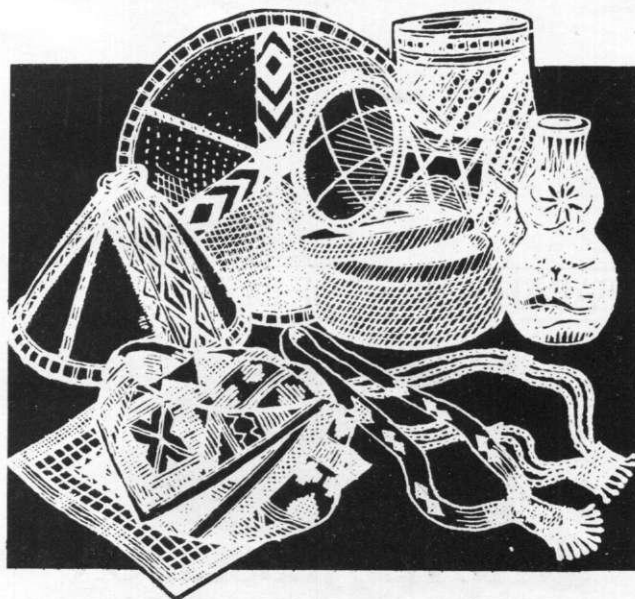
Shop Lot 10, Jalan Bunga Mawar, Locked Bag No.6, 87009 Labuan, Federal Territory.
Tel: 087-413611 (4 lines); Telex: MA 80983

Kuala Lumpur Branch

Wisma SPS, No.32, Jalan Imbi, 50780 Kuala Lumpur, Tel: 03-2435155 (5 lines); Telex: MA 33133

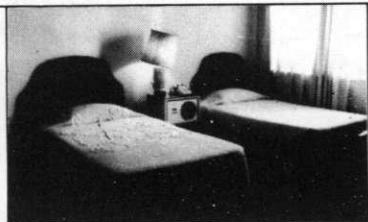


SHOPPING



Sabah handicraft is generally known more for its functional nature than solely for its aesthetic value. Hats, baskets, backpacks, mats and headcloths are such examples. All the indigenous people make grass, palm or bamboo hats, baskets and mats. The hats are mostly conical in shape. Forms, colours and patterns differ from village to village. These can be bought from hotels, government tourist centres and **tamus**. The handwoven headcloth worn by Kadazan and Bajau men, the **dastar**, are available in these places. The Rungus women make exquisitely fine embroidery work on black cotton. These are worn as sarongs. At a **tamu** you may be able to persuade a Rungus woman to part with her antique necklace of glass beads. The modern variety is much cheaper though and no less attractive. Brass ware is getting scarce. Anything over a hundred years old however must have clearance from the government before they can be taken out of the state. The export of antiques is controlled by the Antiquity and Treasure Trove Enactment of 1977. Visitors who wish to take antiques out of Sabah must obtain permission from the Curator, Sabah Museum.

SABAH'S MARK OF DISTINCTION



HOTEL JESSELTON

Centrally located in the very heart of Kota Kinabalu, Hotel Jesselton holds the key to convenient business and public amenities.

Fully air-conditioned with 27 rooms and suites luxuriously appointed beckon you with the warm Malaysian hospitality offering gracious service.

WISHBONE

You have yet to sample our menu at Wishbone providing the Malaysian zest for good food.



For reservations, please call Hotel Jesselton
69, Jalan Gaya Tel: 55633, Telex: MA 80213 TON HIN

DINING

Some of Sabah's leading restaurants



KOTA KINABALU

Place	Type of food	Hours
1. Gardenia Steak & Lobster Bar 55, Jalan Gaya, Kota Kinabalu. Tel: 52307	European cuisine	11.00am-2.00pm Lunch 2.00 pm-6.00pm Tea 6.00pm-11.00pm Dinner
2. Hyatt Kinabalu International Hotel, Jalan Datuk Salleh Sulong, Kota Kinabalu. Tel: 219888		
(a) Semporna Grill	Continental/ Seafood	7.00 pm-11.00 pm. Dinner
(a) Phoenix Court	Cantonese/ Sze Chuanese	7.00 am-10.30 am Breakfast 12.00 noon- 2.30pm Lunch 6.00 pm-10.30 pm Dinner
(c) Tanjung Ria Cafe Restaurant	Asian/Continental	24-hour service.
3. Hotel Shangrila Bandaran Berjaya, Kota Kinabalu. Tel: 56100		
(a) Grand Palace	Cantonese Cuisine/ Hongkong Dim Sum	7.30 am-10.00 am Breakfast 11.00am-2.30pm Lunch 6.00pm-11.00pm Dinner
(b) Tivoli Coffee House	Western/Local	7.00am-1.00am Daily
4. Hotel Jesselton 84, Jalan Gaya, Kota Kinabalu. Tel: 55633 Wishbone	Local/Western	6.30 am-10.00 am Breakfast 11.30am-2.30pm Lunch 6.30pm-10.00pm Dinner

HOTEL EMAS

Your Friendly Host in Tawau

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- 100 air-conditioned rooms and suites, all with private baths, self-dial telephones, T.V., In-house movies and Radio
- 24-hour room service
- Telex Service
- Complete with Restaurant, Night Club and Coffee House
- Facilities for Conference and Seminars
- Health Club
- Roof Top Garden for Barbeque
- Ample car parking space



For Enquiries & Reservation: 089-773300

Jalan Utara, Tawau, Sabah, East Malaysia
P. O. Box No. 569, 91008 Tawau.
Cable: "EMAS". Telex: MA 83255 Emas

- | | | |
|---|--------------------------------|--|
| 5. Hotel Nan Xing Dan
Restoran Sdn. Bhd.
No. 33 & 34, Jalan Hi. Saman,
Kota Kinabalu. Tel: 212990 | Cantonese Cuisine | 6.30 am-10.00 pm
daily |
| 6. Sri Kayangan
(Revolving Restaurant)
Sabah Foundation Building
Likas Bay, Kota Kinabalu.
Tel: 32611 | Muslim/Continental/
Western | 12.30pm-3.00pm
Lunch
3.00 pm-7.00 pm
Tea
7.30 pm-10.30pm
Dinner |
| 7. Tanjung Aru Beach Hotel
Locked Bag 174,
Kota Kinabalu. Tel: 58711 | | |
| (a) The Terrace | Asean/Continental | 24-hour service |
| (b) Mawar Restaurant | French | 7.00 pm-11.00 pm
Dinner (except
Sunday) |

LABUAN

Place	Type of food	Hours
1. Hotel Labuan Jalan Merdeka Labuan Tel: 412501	Western/Chinese	24-hour service

SANDAKAN

1. Akasaka Restoran & Coffee House Block C, Bandar Ramai-Ramai, Sandakan. Tel: 43952	Chinese/Japanese/ Western	7.00am-11.00am Breakfast 11.00am-2.00pm Lunch 6.00pm-11.00pm Dinner
2. Hotel Hsiang Garden Leila Road, Sandakan Tel: 43191	Western/Japanese	
3. Sabah Hotel Restaurant North Road, Sandakan Tel: 43291	Chinese/Western	7.00am-9.30am Breakfast 11.30am-2.30pm Lunch 6.30pm-10.00pm Dinner

LAHAD DATU

1. Hotel Mido Jalan Main Lahad Datu Tel: 81800	Chinese
--	---------

TAWAU

- Hotel Emas
Jalan Utara, Tawau.
Tel: 089-773300
- Marco Polo Hotel
Jalan Klinik, Tawau.
Tel: 089-777988

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Between the glorious sunrise over Mt. Kinabalu and magnificent sunset over the South China Sea you can find no greater luxury than at Hyatt Kinabalu. As you experience the attentive service of our Regency Club rooms. As our Business Centre helps you prepare for that next meeting. As you dine in the continental atmosphere of the Semporna Grill or experience the touches of local colour in the Tanjung Ria Cafe' restaurant. Or the delights of Cantonese and Szechuan cuisine in the Phoenix Court.

And finally, as the last cares of the day evaporate in the soft music of the Atrium Lounge, you are convinced there is no greater luxury.



HYATT KINABALU INTERNATIONAL

SABAH, MALAYSIA

For reservations call the hotel 219888 telex 80036.
Or contact your travel planner.

ACCOMMODATION

Sabah has several luxury hotels and a good number of small, clean and comfortable hotels where you're likely to be treated more like a friend than a cash customer. The hotel rates in the major towns range from M\$35.00 to M\$160.00 (single). In small towns rates for Government Resthouses range from M\$10.00 to M\$25.00.

LIST OF HOTELS IN SABAH

KOTA KINABALU

Name of Hotels	Tel:	No. of Rooms	Remarks
Ang's Hotel	55433	35	Downtown. Fully air conditioned
Borneo Hotel	221140	41	Under renovation.
Hotel Capital	53433	102	Heart of Kota Kinabalu. Fully air conditioned.
Hotel Jesselton	55633	49	Heart of Kota Kinabalu. Fully airconditioned. 1 coffee house & 2 restaurants
Hotel Nan Xing	212990	35	Heart of Kota Kinabalu. Fully airconditioned. Chinese restaurant.
Hyatt Kinabalu International Hotel	219888	345	Heart of Kota Kinabalu. Fully airconditioned 24-hour Coffee house, 2 gourmet restaurants, cocktail lounge & bars, First Atrium Lobby in Malaysia.
Hotel Shangri-La	56100	120	Town centre. Fully airconditioned. Coffeehouse & restaurant.
Sabah Inn	53322	39	Heart of Kota Kinabalu. Fully airconditioned. Coffeehouse & restaurant. Night Club.

Tanjung Aru Beach Hotel 58711 300 Situated on 23 acres of prime coastal property, within minutes from K.K. International Airport. 2 bars & 3 restaurants. sports facilities.

Winner Hotel 42 Downtown. Fully airconditioned. Bar & coffeehouse. 2 restaurants.

RANAU

Hotel Perkasa Mt. Kinabalu 889511 74 At Kundasang, foot of Mt. Kinabalu. Coffeehouse & restaurant.

KENINGAU

Hotel Perkasa Keningau 087-31044 63 Fully airconditioned. Coffeehouse. Restaurant & Disco.

BEAUFORT

Hotel Padas 087-211441 22 Fan & aircondition. Restaurant.

KUDAT

Hotel Oriental 61677 - -

Hotel Sunrise 61517 - -

LABUAN

Hotel Victory 087-412716 - -

SANDAKAN

Hotel Hsiang Garden 089-43191 45 Fully airconditioned. Restaurant.

Hotel Nak 089-216988 37 Fully airconditioned. coffeehouse & restaurant.

Sabah Hotel 089-213299 28 Fully airconditioned. Bar, coffeehouse & 2 restaurants.

TAWAU

Marco Polo Hotel 087-777988 150 Fully airconditioned.

Hotel Emas 089-773300 100 Fully airconditioned. 2 bars, coffeehouse & restaurant.

Hotel Royal 089-773100 37 Fully airconditioned. Bar & coffeehouse.

LAHAD DATU

Hotel Mido 089-81800 61 Fully airconditioned. Coffeehouse, bar, restaurant & night Club.

TRAVELLING IN SABAH



TRANSPORT WITHIN SABAH

Sabah's major towns, Kota Kinabalu, Sandakan, Tawau, and Lahad Datu are all linked by daily air services. These, and other smaller towns are also connected by sea, river, road and rail.

The major shipping lines which visit Sabah call at the State's important ports on weekly runs. Probably the best way to see Sabah is by boat. Visitors are advised to make reservations in advance due to limited passenger accommodation on most shipping lines.

The Sabah State Railway runs both railcar and diesel train services from Beaufort to Tenom daily. Tickets for the railcar and diesel train please refer to page 68

Taxis are metered and are available in all the main towns. Taxis from the Kota Kinabalu International airport can be hired to the town as well as to the surrounding suburbs. Passenger coupons are sold at the airport entrance. All taxis are marked with the letter "T" or as "TEKSI". For journeys outside the main towns and into the interior, land rovers or land cruisers can be hired. Check with your hotel or travel agent for details.

TRAVELLING FROM KOTA KINABALU

DESTINATION	DISTANCE	MEANS	ARRIVE DESTINATION
Kota Belud	76.8m	Taxi	Within 1½ hr.
		Bus (Mini)	Within 2 hrs.
Kinabalu National Park	92.1 km	Landrover (Charter)	Within 2 hrs.
		Bus (Mini)	Within 3 hrs.
Poring Hot Spring	131.2 km	Landrover Charter only	
Sandakan	400 km	Landrover Public	Within 10 — 12 hrs
		Mini Bus	Within 10 — 13 hrs.
Kudat	200 km	Taxi (Charter)	Within 3½ hrs.
		Landrover (Public)	Within 5 hrs.
Tenom	98 km	Railcar (Daily)	9.45 am 5.55 pm
		Diesel (Daily)	2.54 pm 3.41 pm
Labuan	176 km	Air (Daily)	(For information, please contact MAS office, Tel: 51455)
From Sandakan			
Orang Utan Sanctuary	24 km	Taxi	Within 1 hr
Sepilok		Bus	Within 1 hr
Pulau Selingan (Turtle Island)		Boat (Charter Private)	Within 2 hrs

TRAVELLING FROM KOTA KINABALU

RAILCAR SERVICES - BEAUFORT/ TENOM/BEAUFORT WEEKDAYS (INCL. SATURDAY)

BEAUFORT — TENOM

RAIL TYPE	DEPARTURE TIME	ARRIVAL TIME
Rail Car	8.25 am	9.50 am
Diesel Car	10.50 am	12.51 pm
Diesel Car	1.55 pm	3.55 pm

TENOM — BEAUFORT

Diesel Car	7.30 am	9.34 am
Diesel Car	1.40 pm	3.41 pm
Rail Car	3.10 pm	4.45 pm

SUNDAY

BEAUFORT — TENOM

Diesel Car	6.45 am	8.45 am
Rail Car	9.10 am	10.45 am
Diesel Car	2.30 pm	4.50 pm
Rail Car	3.40 pm	5.20 pm

TENOM — BEAUFORT

Rail Car	7.20 am	8.54 am
Diesel Car	7.55 am	10.10 am
Rail Car	1.55 pm	3.31 pm
Diesel Car	3.05 pm	5.10 pm

FARES: Railcar - \$ 8.35 one way per person
\$ 2.75 one way per person

SUNDAY: Return Fares Available-Rail Car \$12.60
Diesel Car \$4.20

Rail Station Telephone No. 54611

SPECIALIZE IN LOCAL TOURS:

- *City Tour
- *City & Countryside Tour
- *Island Tour
- *Kota Belud Sunday Market Tour
- *Kinabalu National Park 2 Days/1 Night Package Tour
- *Sandakan & Orangutan Sanctuary Tour and Other Special Interest Tours.

Brochures and confidential tariff available on request



For complete travel arrangements see

BAKTI TOURS & TRAVEL SDN. BHD.

Hotel Arcade
HYATT International Hotel
G-02 Ground Floor,
Jalan Datuk Salleh Sulong,

P. O. Box 11832,
88820 Kota Kinabalu,
Sabah, Malaysia.

Tel: 53416, 53853, 53854, 216862
Cable: "BAKTITOURS"
Telex: MA 80945 BAKTI

TOUR & TRAVEL AGENCIES IN SABAH

KOTA KINABALU

1. **Api Tours & Travels Sdn. Bhd.,**
P. O. Box 11718,
88819 Kota Kinabalu.
Tel: 56100
2. **Bakti Tours & Travels Sdn. Bhd.,**
G-02, Hyatt Kinabalu International Hotel,
Jalan Datuk Salleh Sulong,
P. O. Box 11832,
88830 Kota Kinabalu.
Tel: 53416, 53853, 53854
3. **Borneo Divers & Sea Sports,**
Locked Bag 194,
88999 Kota Kinabalu.
Tel: 53074
4. **Discovery Tours Sabah Sdn. Bhd.,**
Ground Floor,
Wisma Sabah,
P. O. Box 11355,
88815 Kota Kinabalu.
Tel: 57735, 215584.
5. **Kay Tours & Travel Sdn. Bhd.,**
P. O. Box 11868,
88820 Kota Kinabalu.
Tel: 219403, 216672.
6. **Ocean Travel Sdn. Bhd.,**
P. O. Box 11355,
88815 Kota Kinabalu.
Tel: 216426, 216427.
7. **Sri Pelancungan Hornbill**
Mail Bag 112,
88999 Kota Kinabalu.
Tel: 211221
8. **Bena Express Corporation Sdn. Bhd.,**
Lot No. 1, Block B,
Ground Floor SEDCO Complex,
Tel: 50162
9. **International Travel Service Sdn. Bhd.,**
P. O. Box 11011,
88811 Kota Kinabalu.
Tel: 51639, 51133
10. **Regent Travel & Tours Sdn. Bhd.,**
Ground Floor, No. 5,
Pasir Baru, Kampung Air.
Tel: 225881
11. **Popular Express Travel Sdn. Bhd.,**
P. O. Box 10511,
88805 Kota Kinabalu.
Tel: 214692, 214695
12. **Sarawak Travel Service (S) Sdn. Bhd.**
21, Jalan Tugu,
P. O. Box 11736
88819 Kota Kinabalu.
Tel: 53361, 55424

LABUAN

13. **Labuan Travel Agency Sdn. Bhd.,**
P. O. Box 288,
87008 Labuan.
Tel: 412385, 413051,
413058

CLUBS IN SABAH



KOTA KINABALU

- JAYCEES Tel: 52161
- KINABALU GOLF CLUB Tel: 51615
- KINABALU YACHT CLUB Tel: 223616
- KINABALU SPORTS CLUB Tel: 52492
- LIONS INTERNATIONAL Tel: 54432
- ROTARY CLUB Tel: 221472
- ROYAL SABAH TURF CLUB Tel: 52871
- SABAH FLYING CLUB Tel: 52966
- SABAH FRIENDSHIP LEAGUE Tel: 224987
- SABAH GOLF & COUNTRY CLUB Tel: 56533
- YMCA Tel: 52985

LABUAN

- LABUAN GOLF CLUB
- LABUAN RECREATION CLUB

SANDAKAN

- SANDAKAN GOLF CLUB
- SANDAKAN RECREATION CLUB
- SANDAKAN YACHT CLUB

TAWAU

- TAWAU GOLF CLUB
- TAWAU RECREATION CLUB

FACTS & TIPS

COMING TO SABAH

Kota Kinabalu, the capital of Sabah, is easily accessible in the Asian region by air. The **Malaysian Airlines System (MAS)** has daily services to Kota Kinabalu from Kuala Lumpur, Singapore, and Manila. It has direct twice weekly flight from Hongkong, Seoul and Taipei; 3 times from Brunei.

Visitors from USA, Tokyo, Hongkong and Australia can connect a twice weekly flight from Manila by **Philippines Airlines** via Manila.

GARUDA, the **Indonesian Airlines**, offers a twice weekly flight from Jakarta.

Cathay Pacific Airways (joins services with **MAS**) twice weekly to Kota Kinabalu with connection flights from London and Far East and Bandar Seri Begawan (Brunei) with Perth (Australia).

The **Royal Brunei Airlines** Boeing operates 3 times weekly into Kota Kinabalu with connections from Bangkok and Darwin.

Regular shipping services are also offered between major Sabah Ports to Europe, Hong Kong, Japan, Australia and Singapore.

PASSPORT AND VISA REQUIREMENTS

All travellers wishing to enter Sabah must be in possession of a valid passport or other internationally recognised travel documents endorsed valid for travel to Malaysia.

Visas are required by all aliens except nationals of the following countries:

- (a) Commonwealth citizens, British Protected persons and citizens of the Republic of Ireland.
- (b) Belgium, Denmark, Finland, France, Iceland, Italy, Luxembourg, Norway, Sweden, United States of America, West Germany and Tunisia entering or for temporary stay not exceeding three months, other than employment; and
- (c) Holders of Thai Diplomatic and Service passports.
- (d) Visitors from ASEAN countries are automatically given two weeks visitors' passes.

TRAVEL BETWEEN THE MALAYSIAN TERRITORIES

Visit Passes issued for entry into Peninsular Malaysia are not automatically valid for entry into Sabah and Sarawak. Additional permission must be obtained from the Immigration Department of those States. Visitors are advised to check with the nearest Malaysian embassy before coming to Sabah.

SEVEN DAY VISA FREE

The concession of seven day Visa Free is accorded to the following:

- (a) International tourists, both transit and non-transit except nationals of the following: Albania, People's Republic of China, Cuba, East Germany, Israel, North Korea, Vietnam, Mongolia, South Africa and Rhodesia;
- (b) Hongkong I.C. holders on application to the Malaysian Commission in Hongkong.
- (c) Tourist Visit Passes are generally granted provided that:-
 - (i) They hold valid national passports which are recognised by the Malaysian Government;
 - (ii) They hold firm onward sea or air passages.

Intending visitors to Sabah are recommended to have a valid International Certificate of Vaccination against Smallpox and Cholera.

CUSTOMS

Visitors to Sabah are not liable to pay any duty on the following articles when brought into the State for their own use and provided they are taken out again when the visitor leaves the State:-

Used portable articles other than household effects.

The following dutiable goods each visitor may bring in duty free are:

- (a) Wine, spirits or malt liquor not exceeding 75 centilitres in all;
- (b) tobacco not exceeding 225 grams (equivalent to 200 cigarettes);
- (c) matches not exceeding 100 sticks;
- (d) cosmetics, perfumery, soaps and dentifrices, in open containers to a total value not exceeding M\$200;
- (e) wearing apparels not exceeding 3 pieces;
- (f) footwear not exceeding one pair;

- (g) portable electrically and battery operated appliances for personal care and hygiene not exceeding 1 unit each;
- (h) dutiable food preparations to a total value not exceeding M\$75;
- (i) Souvenirs and gifts to a total value not exceeding M\$200

The export of antiques is controlled by The Antiquity and Treasure Trove Enactment of 1977. Visitors who wish to take antiques out of Sabah must obtain permission from the Curator, Sabah Museum.

CURRENCY

One Malaysian Ringgit (M\$) = 100 cents.

Denominations - one, five, ten, Twenty, fifty, hundred, five hundred and one thousand.

One Malaysian Ringgit is approximately equivalent to US\$0.25; however, the rate of exchange for the US\$ as well as other foreign currencies is supplied by banks and foreign exchange offices.

Some hotels and shops accept US\$ as well as other foreign currencies but their rate of exchange is slightly below the bank rate.

BANKING HOURS

Monday to Friday - 10.00 am. to 3.00 pm.
Saturday - 9.30 am. to 11.00 am. Sunday and Public Holidays - closed.

TIME

Sabah is eight hours ahead of Greenwich Mean Time (GMT).

AIRPORT SERVICE CHARGE

Airport service charges are as follows:-

- 1) International flight \$15.00
- 2) Local \$3.00
- 3) Brunei and Singapore \$5.00

Currency

The Malaysian dollar or Ringgit is the official currency in Malaysia. the following rates of exchange are approximate and for guidance only. Check with the banks for current prevailing rates:

exchange are approximate and for guidance only.
Check with the banks for current prevailing rates:

U.S. Dollar	US\$1.00	\$2.35
Australian Dollar	A\$1.00	\$1.55
Japanese Yen	Y100	\$1.25
Thai Baht	B100	\$10.69
Indonesian Rupiah	Rp100	\$0.36
Hong Kong Dollar	HK\$100	\$26.85
U.K. Pound Sterling	£1	\$3.35
Deutsche Mark	DM100	\$96.95
Philippine Peso	P100	\$28.95
Singapore Dollar	S\$100	\$105.55

CREDIT CARDS

American Express

Diners

Visa

Carta Blanche

Master Card

The above cards are widely accepted in most establishments.

DRINKING WATER

It is advisable to drink boiled water.

LANGUAGE

Bahasa Malaysia is the official and national language. However, English is widely spoken in the towns.

NEWS MEDIA

Sabah has its own English and Chinese daily newspapers. The English dailies also have Bahasa Malaysia and Kadazan pages. The newspapers from Peninsular, Malaysia, Sarawak and Brunei are also on sale here. Television is screened by Radio and Television Malaysia (RTM) in Bahasa Malaysia, English, Chinese and Tamil. RTM also does radio broadcasts in the main and indigenous languages.

Newspapers available in Sabah:

1. Bernama
2. Asia Times Sdn. Bhd.
3. Berita Harian Merdeka
4. Borneo Bulletin
5. Borneo Post Sdn. Bhd.

6. Daily Express
7. Overseas Chinese Daily News
8. New Straits Times
9. Sabah Times
10. See Hua Daily News
11. Star Publications

WHAT TO WEAR

The ideal wear for tropical Sabah is lightweight summer type clothing. Casual attire is the rule. For formal occasions, the men can opt for long sleeved batik shirts while the women anything from a summer frock to cocktail dresses. For those intending to climb Mount Kinabalu they are well advised to bring reasonably warm clothing.

IMMIGRATION CURRENCY REGULATIONS QUOTA:

Out-bound travellers are allowed to take with them an unlimited amount.

TIPPING

In most hotels and some restaurants service charge and government tax are included in the bills. Tipping therefore is voluntary.

ELECTRICITY

Home and office socket outlets have 220 - 240 voltage carriage (50 cycles)

INTERNATIONAL TELEPHONE SERVICE

International Telephone service is available from all exchanges in Sabah via the Kuala Lumpur International Telephone Exchange. IDD services are available in major hotels.

FORBIDDEN

Dealings in drugs carries the death penalty.

READING LIST

1. KINABALU: Summit of Borneo
Sabah Society Monograph 1978
2. The Prehistory of Sabah
by Tom and Barbara Harrison
Sabah Society Monograph, 1969-1970
3. Land Below The Wind
by Agnes Keith
4. Three Came Home by Agnes Keith
5. Handicraft in Sabah
by Elizabeth and John Alman
Borneo literature Bureau
6. Sandakan: One Hundred Years, 1879-1979
by Supriya Bhar
7. A Guide to Tunku Abdul Rahman National
Park
by Francis S.P. Liew
Sabah National Parks Publication, 1981
8. The Climber's Guide to Mt. Kinabalu
by Anthea Phillipps/Sabah National Parks
9. An Introduction to the Mammals of Sabah
by John Harrison/Sabah Society 1973
10. Borneo
by John Mackinnon
The World's Wild Places, Time-Life Books,
1975
11. Doing Business in Sabah
12. Sabah: The first 100 Years
by Cecilia Leong 1982
13. Children of Sabah
by Stane Salobir & Cecilia Leong 1983
14. Labuan: Past, Present and Future
by Cecilia Leong 1984
15. The Birds of Borneo
by Bertram E. Smythies 1981
16. Kinabalu Guerrillas by Maxwell Hall
17. Labuan Story by Maxwell Hall

SABAH TOURIST ASSOCIATION

List of Members - 1986

- | | |
|---|--|
| 1. Mr Peter Teo
Cathay Pacific Airways
P.O. Box No. 11012
88810 Kota Kinabalu | 14. Ms Wong Li Li
Hotel Nan Xing & Restoran
P.O. Box No. 10415
88804 Kota Kinabalu |
| 2. En Murat Abdullah
Malaysian Airline System
P.O. Box No. 10194
88802 Kota Kinabalu | 15. Mr Albert Teo
Hotel Shangri-La
P.O. Box No. 11718
88819 Kota Kinabalu |
| 3. Mr Tony Tan
Philippine Airlines
1st Floor, Wisma Sabah
Lot 119, Kota Kinabalu | 16. Mr Albert Wong
Hyatt Kinabalu International
Locked Bag No. 47
88994 Kota Kinabalu |
| 4. Mr Koh Yin Soon
Singapore Airlines
P.O. Box No. 12067
88822 Kota Kinabalu | 17. Mr. David Yip
Marco Polo Hotel
P.O. Box No. 1003
91008 Tawau |
| 5. Ms Elizabeth Palencia
Ang's Hotel
P.O. Box No. 10843
88809 Kota Kinabalu | 18. Mr Frankie Goh
Perkasa Hotel, Mt Kinabalu
W. D. T. No. 11
89309 Ranau |
| 6. Borneo Hotel
P. O. Box No. 10567
88806 Kota Kinabalu | 19. Ms Madeline Regis
Tanjung Aru Beach Hotel
Locked Bag 174
88999 Kota Kinabalu |
| 7. Mr Patrick Chiew
Hotel Capital
P.O. Box No. 11223
88813 Kota Kinabalu | 20. Mr Liew Teck Chan
Winner Hotel
P.O. Box No. 11134
88812 Kota Kinabalu |
| 8. Ms Minah Hong
Hotel Emas
P.O. Box No. 569
91008 Tawau | 21. Jimmy Lee
Sabah Inn
P.O. Box No. 11811
88820 Kota Kinabalu |
| 9. Mr Tan Yun Heong
Hotel Hsiang Garden
P.O. Box No. 82
90007 Sandakan | 22. Mr Cham Thuam Poh
Sabah Hotel
P.O. Box No. 275
90007 Sandakan |
| 10. Mr T K Lin
Hotel Labuan
P.O. Box No. 11577
88817 Kota Kinabalu | 23. Mr Albert Teo
Api Tours & Travel
P.O. Box No. 11718
88819 Kota Kinabalu |
| 11. Mr. T K Lin
Hotel Labuan
P.O. Box No. 354
87008 Labuan | 24. Ms Grace Chee
Bakti Tours & Travel
P.O. Box No. 11832
88820 Kota Kinabalu |
| 12. Mr Martin Yong
Hotel Mido
P.O. Box No. 45
91107 Lahad Datu | 25. Ms Maggie Poon
Bena Express Corporation
Lot No. 1, Block B
Ground Floor, Sedco Complex
Kota Kinabalu |
| 13. Mr Raymond Ting
Nak Hotel
P.O. Box No. 761
90008 Sandakan | 26. Mr Randy Davis
Borneo Divers & Sea Sports
Locked Bag No. 194
88999 Kota Kinabalu |

27. Ms Cathy Wang
Discovery Tours
P.O. Box No. 11355
88815 Kota Kinabalu
28. Ocean Travel
P.O. Box No. 11355
88815 Kota Kinabalu
29. Mr Kelvin Chung
Kay Tours & Travel
P.O. Box No. 11868
88820 Kota Kinabalu
30. En Suhaili Abd Rahman
Labuan Travel Agency
P.O. Box No. 288
87008 Labuan
31. Ms Ruth Lim
Regent Travel & Tours
Ground Floor, No. 5
Pasar Baru, Kg. Air
Kota Kinabalu
32. Mr Chew Bun Pin
Sarawak Travel Service
P.O. Box No. 11736
88819 Kota Kinabalu
33. Mr Thomas More Willie
Sri Pelancungan Hornbill
Mail Bag 112
88999 Kota Kinabalu
34. Mr Kenneth Awang
International Travel Service
P.O. Box No. 11011
88811 Kota Kinabalu
35. Mr Eric Thien
Popular Express Travel
P.O. Box No. 10511
88805 Kota Kinabalu
36. En Aziz Mohd Noor
Awiss-Rent-a-Car
P.O. Box No. 10244
88802 Kota Kinabalu
37. Mr John Chee
Cantas Rent A Car
P.O. Box No. 11370
88815 Kota Kinabalu
38. Encik Jeyan Marimuttu
Luen Thung Tanjung Aru
Transport Company
P.O. Box No. 11866
88820 Kota Kinabalu
39. The Manager
Tuaran United Transport
P.O. Box No. 10385
88804 Kota Kinabalu
40. Ms Agnes Lee
C H William, Talhar & Wong
P.O. Box No. 11993
88822 Kota Kinabalu
41. Mr Gan Po Tiau
Creative Concepts Sdn Bhd
Locked Bag 184
88999 Kota Kinabalu
42. Datuk George Chin
Kinabalu Akitek Sdn Bhd
3-2 Jalan Pekan Baru
Inanam - 1
Kota Kinabalu
43. Mr Chieng You Lik
Hock Hua Bank Limited
5th Floor, 22 Jalan Pantai
Kota Kinabalu
44. Mr Geoffrey Liew
Joe Curio Sdn Bhd
P.O. Box No. 11438
88816 Kota Kinabalu
45. Mrs Karen Henshaw
Standard Chartered Bank
P.O. Box No. 10099
88801 Kota Kinabalu
46. Mr Chang Erh Ling
Tatco Trading Company
P.O. Box No. 12054
88822 Kota Kinabalu
47. Public Relations Officer
Yayasan Sabah
P.O. Box No. 11201
88822 Kota Kinabalu
48. Mr Chong Lai
Syarikat Teck Guan
P.O. Box No. 184
90007 Sandakan
49. Mr Jonathan Koh
Koh & Partners Co.
1st Floor, Lot 118
Wisma Sabah
Kota Kinabalu
50. Mr Tan Cheng Kiat
Fujiya Restaurants
P.O. Box No. 11453
88816 Kota Kinabalu
51. Ban Loong Trading
(Ban Loong Money Changer)
AG-52 Wisma Merdeka
P.O. Box 12064
88822 Kota Kinabalu

Associate and Honorary Members - 1986

1. Mr Victor Wah
President
Kinabalu Photographic Club
P.O. Box No. 10004
88800 Kota Kinabalu
2. Ms Minah Hong
President
Sabah Hotel Association
P.O. Box No. 569
91008 Tawau
3. Mr Paul Wang
Chairman
Sabah Tourist Guide Association
P.O. Box No. 11355
88815 Kota Kinabalu
4. En Abdul Malek Unar
Secretary General
Sabah Cultural Association
P.O. Box No. 10740
88808 Kota Kinabalu
5. En Anuar Halim
Senior Tourist Officer
Tourist Development
Corporation of Malaysia
Kota Kinabalu
6. En Lamri Ali
Director
Sabah Parks
P.O. Box No. 10626
88806 Kota Kinabalu
7. En Anwar Sullivan
Director
Sabah Museum
Jalan Istana Lama
Kota Kinabalu
8. Mr Joe Fernandez
President
Sabah Pres Club
P.O. Box No. 10139
88801 Kota Kinabalu
9. Pengarah
Sepilok Orang Utan
Rehabilitation Centre
P.O. Box No. 311
10. Encik James Ligonjang
The General Manager
Sabah Tourism Promotion
Corporation
Kota Kinabalu

SIMPLE WORDS IN BAHASA MALAYSIA

Here is a list of simple words and phrases in Bahasa Malaysia that a visitor will find useful.

ENGLISH

BAHASA MALAYSIA

KADAZAN

You	Saudara	Iziau
I or me	Saya	Izou
We	Kami, kita	Zikoi
They	Mereka	Zioho
Who	Siapa	Isai
He/She	Dia	Iziau
Yes	Ya	Ya
No	Tidak	Au
Do not want	Tidak mahu, tak mahu	Au mimang
Want	Mahu	Mimang
This	Ini	Iti
That	Itu	Ihia
I want this	Saya mahu ini	Mimang zou diti
I do not want that	Saya tak mahu itu	Au zou mimang diho
What	Apa	Onu
What is it?	Apa ini?	Onu iti
Why	Kenapa	Nokuo
Where	Di mana	Nombo
How	Bagaimana	Ingkuo
Doctor	Doktor	Doktor
Policeman	Polis	Polis
Stop	Berhenti	Tumood
Stop here	Berhenti di sini	Tumood doiti
Left	Kiri	Gibang
Right	Kanan	Vanari
Turn left	Pusing kiri	Kihong gibang
Turn right	Pusing kanan	Kihong vanan
Road	Jalan	Lahan
Building	Bangunan	Hinomion
Office	Pejabat	Upis
Post office	Pejabat pos	Upis Pos
Hotel	Hotel	Hotel
Restaurant	Kedai makan, restoran	Tempat takanan
Hill	Bukit	Nuhu
Valley	Lembah	Suok
Mountain	Gunung	Konuhuan
Island	Pulau	Pulou
Beach	Pantai	Disan daat
River	Sungai	Bavang
Sea	Laut	Daat
Town	Bandar, Pekan, Tanjung	Kakadazan
Small town	Bandar kecil, Pekan kecil	Kakadazan tonini
Rice fields	Sawah padi	Danau
Coconut	Kelapa	Piasau
Rubber plantation	Ladang getah	Kabun getah
Mile	Batu	Vatu sinodu
More	Lagi	Ogumu
Tea	Teh	Tea
Milk	Susu	Susu
Sugar	Gula	Gula
Water	Air	Vaig
Ice	Ais, air batu	Ais
Good	Baik	Avasi
Bad	Tidak baik	Alaat
Taxi	Teksi	Teksi
Bus	Bas	Bas

Train
Today
Tomorrow
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Week
Month
Year

Keretapi
Hari ini
Esok
Ahad
Isnin
Selasa
Rabu
Khamis
Jumaat
Sabtu
Minggu
Bulan

Ingin
Baino
Suvab
Tadau Minggu
Tadau Koiiso
Tadau Koduvo
Tadau Kotohu
Tadau Kaapat
Tadau Kohimo
Tadau Koonom
Minggu
Vuhan

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Dollar
One dollar
Cent, cents

Tahun
Satu
Dua
Tiga
Empat
Lima
Enam
Tujuh
Lapan
Sembilan
Sepuluh
Ringgit
Satu ringgit
Sen

Toun
Iso
Duvo
Tohu
Apat
Himo
Onom
Tuu
Vahu
Sizam
Opod
Lingit
Solingit
Sen

Good morning
Good afternoon
Good evening
Good night
Goodbye

Selamat pagi
Selamat tengah hari
Selamat petang
Selamat malam
Selamat jalan

Kopivosian doungeosuvab
Kopivosian doungeadau
Kopivosian minsosodop
Kopivosian doungeosodop
Tumoodo noh

Thank you
Excuse me
I am sorry
I understand

Terima kasih
Maafkan saya
Saya minta maaf
Saya faham

Kotohuadan
Kadapo gia
Siou noh
Kalati zou

I do not understand
Where do you live?
I want a taxi
What is your name?

Saya tidak faham
Di mana saudara tinggal?
Saya hendak teksi
Apa nama saudara?

Au zou kalati
Nombo ko poingizon
Mimang zou doh teksi
Isai ngan nu

Where can I get a taxi?
I don't want
How much?

Di mana saya boleh dapat teksi?
Saya tidak tahu
Berapa?

Nombo zou kanu doh teksi
Au zou nokoiho
Songkuo?

Expensive
How do I get there

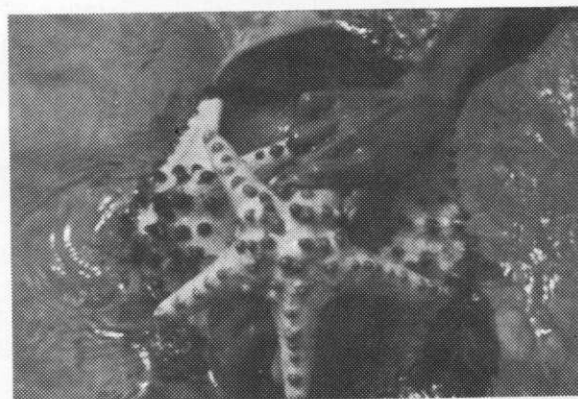
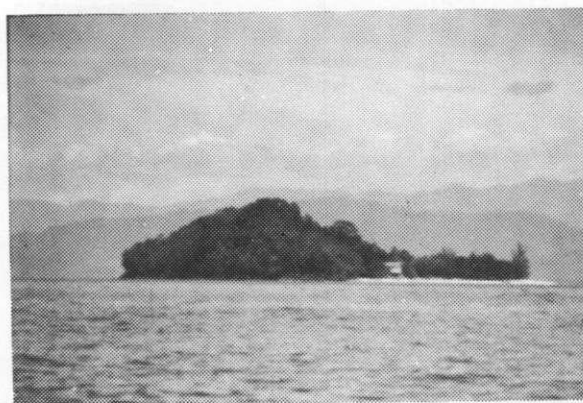
Mahal sangat
Bagaimana saya boleh sampai ke sana?

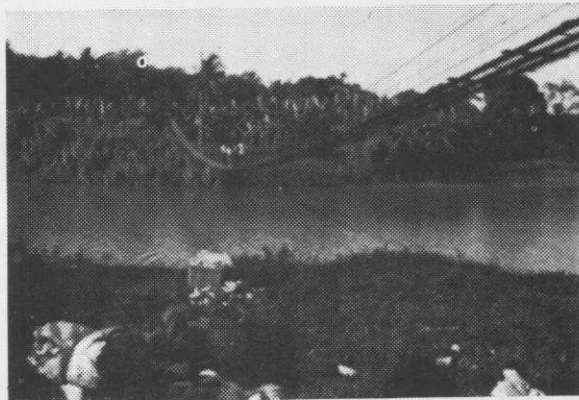
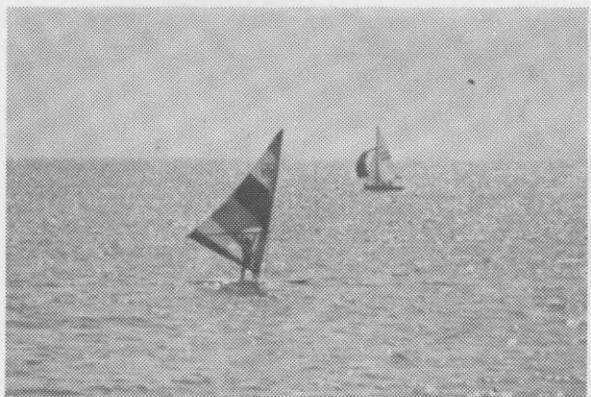
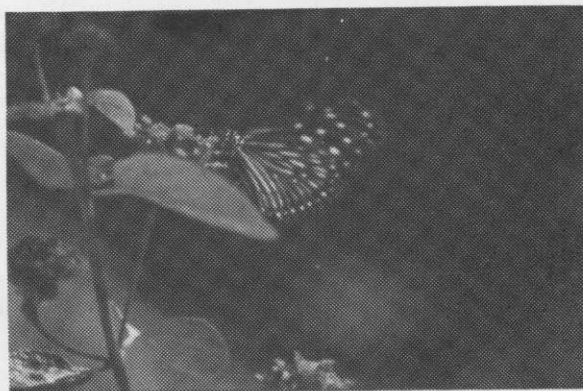
Apagon
Ingkuo zou mugad doiho?

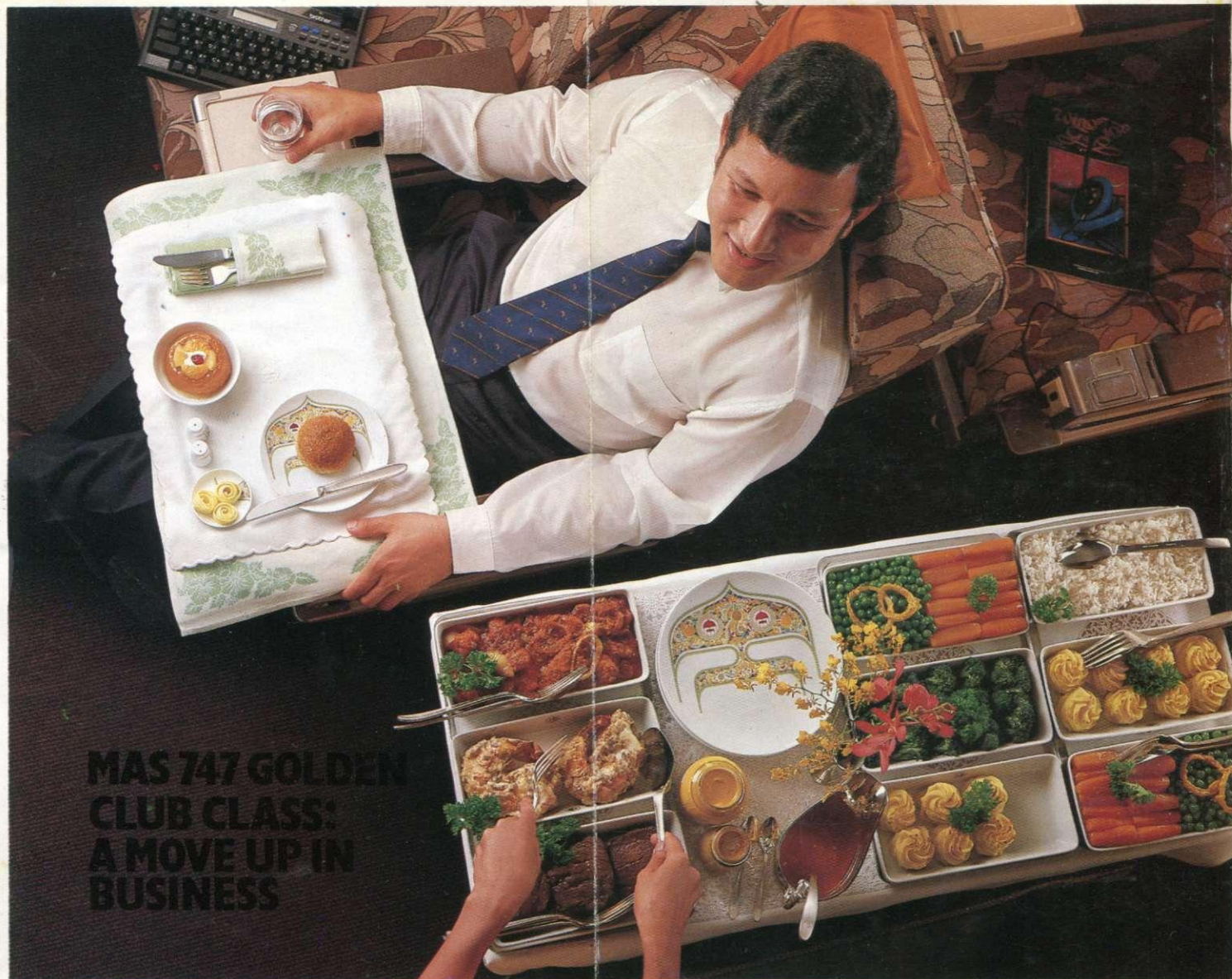
PUBLIC HOLIDAYS FOR SABAH

- New Year's Day (Wednesday) 1st January
- Chinese New Year (Sunday & Monday)
9th & 10th February
- Good Friday (Friday) 28th March
- Labour Day (Thursday) 1st May
- Harvest Festival (Saturday & Monday)
10th & 12th May
- Birthday of D.Y.M.M. Yang Di-Pertuan Agong
(Wednesday) 4th June
- *Hari Raya Puasa (Monday & Tuesday)
9th & 10th June
- *Hari Raya Haji (Saturday) 16th August
- Malaysia Day (Sunday) 31st August
- Awal Muharram 1407 (Friday) 5th September
- Birthday of T.Y.T. Yang Di-Pertua Negeri
(Wednesday) 10th September
- *Birthday of Prophet Mohammad S.A.W.
(Friday) 14th November
- Christmas Day (Wednesday) 25th December

* Subject to alteration







MAS 747 GOLDEN CLUB CLASS: A MOVE UP IN BUSINESS

MAS 747 Business Class has been upgraded to MAS Golden Club Class. Now the finest service in Asia can also be enjoyed in Europe and Australia.

The service is as exclusive as its name implies. A choice of three gourmet meals. Each course is separately served. There's a wide selection of wines; the finest china, glass, silver and table linen and the gracious charm that can only come out of Malaysia. All the luxurious extras that make MAS Golden Club Class the

finest in the world.

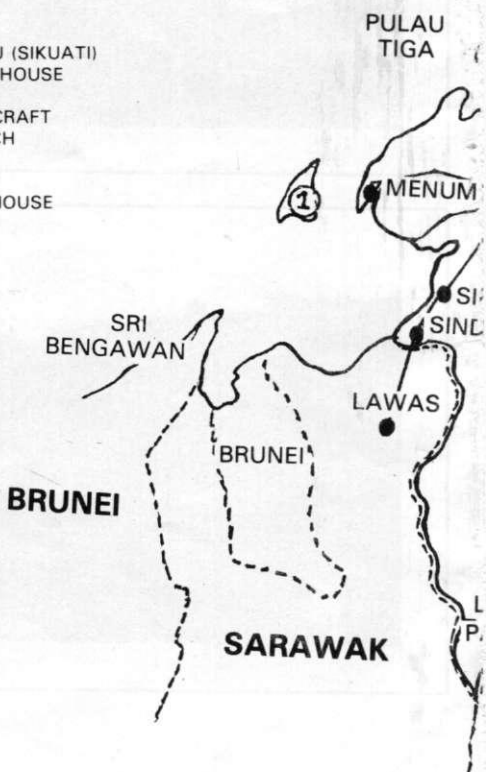
MAS Golden Club Class. A whole new world of business.

MAS GOLDEN CLUB CLASS IS AVAILABLE TO: AMSTERDAM ■ BANGKOK ■ DUBAI ■ FRANKFURT ■ HONG KONG ■ KUALA LUMPUR ■ LONDON ■ MADRAS ■ MELBOURNE ■ PARIS ■ PERTH ■ SEOUL ■ SYDNEY ■ TAIPEI ■ TOKYO ■ FOR RESERVATIONS CONTACT YOUR TRAVEL AGENT OR ANY MALAYSIAN AIRLINE SYSTEM OFFICE.

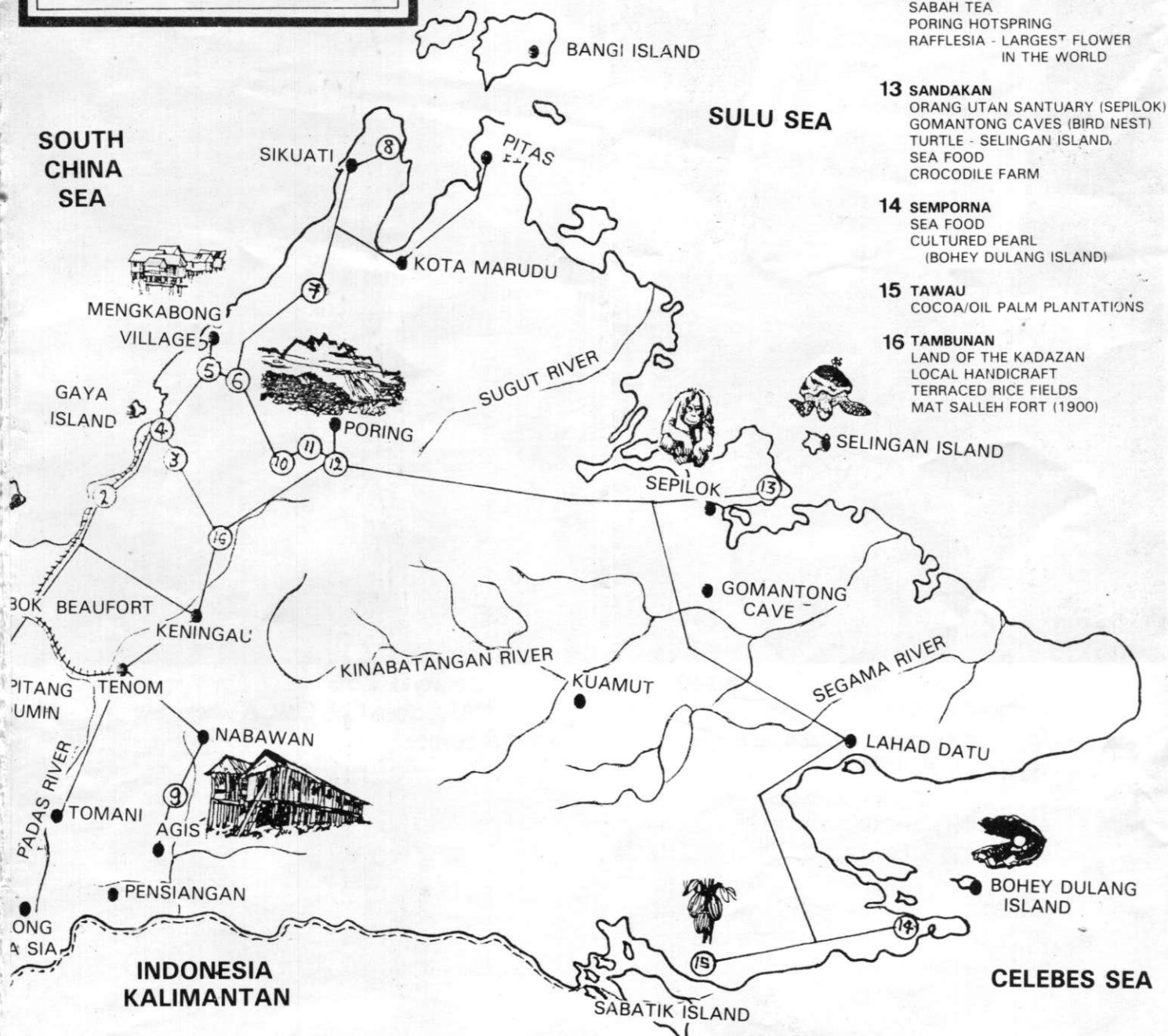


WE'LL TREAT YOU LIKE GOLD

- 1 LABUAN**
WAR MEMORIAL
JAPANESE GARDEN
- 2 PAPAR**
SUNDAY TAMU
MANIS BEACH
- 3 PENAMPANG**
KADAZAN VILLAGE
- 4 KOTA KINABALU**
SABAH MUZEUM
SABAH FOUNDATION
STATE MOSQUE
PRINCE PHILIP PARK
TUN FUAD PARK
OFFSHORE ISLANDS
- 5 TUARAN**
SUNDAY TAMU
DALIT BEACH
MENGKABONG WATER VILLAGE
SUSPENSION BRIDGE
- 6 TAMPARULI**
WEDNESDAY TAMU
SUSPENSION BRIDGE
LOCAL HANDICRAFT
- 7 KOTA BELUD**
SUNDAY TAMU
LOCAL HANDICRAFT
KOTA BELUD HORSEMAN
- 8 KUDAT**
SUNDAY TAMU (SIKUATI)
RUNGUS LONGHOUSE
SEA FOOD
LOCAL HANDICRAFT
BAK BAK BEACH
- 9 SEPULUT**
MURUT LONGHOUSE
WILDLIFE



Sabah Tourist Attraction



10 SABAH PARK
MOUNT KINABALU CLIMBING
FLORA & FAUNA
BIRD WATCHING
JUNGLE TRAIL

11 KUNDASANG
AUSTRALIAN WAR MEMORIAL
VEGETABLE FARMS
DESA CATTLE FARM
MT KINABALU GOLF COURSE

12 RANAU
SABAH TEA
PORING HOTSPRING
RAFFLESIA - LARGEST FLOWER
IN THE WORLD

13 SANDAKAN
ORANG UTAN SANTUARY (SEPILOK)
GOMANTONG CAVES (BIRD NEST)
TURTLE - SELINGAN ISLAND,
SEA FOOD
CROCODILE FARM

14 SEMPORNA
SEA FOOD
CULTURED PEARL
(BOHEY DULANG ISLAND)

15 TAWAU
COCOA/OIL PALM PLANTATIONS

16 TAMBUNAN
LAND OF THE KADAZAN
LOCAL HANDICRAFT
TERRACED RICE FIELDS
MAT SALLEH FORT (1900)